The Hartley House Cook Book

and Household Economist

Ella A. Pierce

Hand-Books for Practical Workers

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Handbooks for Practical Workers
in Church and Philanthropy

EDITED BY
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IN NEW YORK UNIVERSITY

THE HARTLEY HOUSE COOK BOOK

THE HARTLEY HOUSE COOK BOOK

AND HOUSEHOLD ECONOMIST

FIFTH EDITION

By

ELLA A. PIERCE

TEACHER OF
COOKING CLASSES AT HARTLEY HOUSE

Enlarged and Revised by

MARTHA B. NOYES

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INTRODUCTION.

A strong conviction that the average family in this country spends more money for food than is necessary for adequate nourishment, and an increasing demand for the printed recipes used in the Hartley House cooking classes, have led to the publication of this book. It is recommended to those who wish to live well at a moderate cost with the hope that the hints on the general care of the home will prove helpful.

The writer wishes gratefully to acknowledge her indebtedness to Miss Helen M. Hall, who originated the Hartley House Home-keeping Classes, and who by her enthusiasm, conscientious effort, and valuable suggestions made possible much of their later growth.

ELLA A. PIERCE.

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HARTLEY HOUSE COOK BOOK

AND

HOUSEHOLD ECONOMIST.

CHAPTER I.

SIMPLE RULES FOR HOUSEKEEPING.

Ventilation.

Breathing pure air is as necessary as eating nourishing, well-cooked food. For this reason, the housekeeper must, even in the coldest weather, see that the foul air inside the house has a chance to escape, and the fresh air from outside, a chance to get in. This may be done, through the day, by occasionally lowering one or more windows at the top, and raising them from the bottom. At night, windows should always be kept open a little at both top and bottom. In very cold weather, a narrow board may be placed across the window-sill for the lower sash to rest upon. In case of inside sleeping rooms, doors can be left open into the rooms which have windows, that can be opened. In the morning, bed clothes should be taken off, and placed over a chair, the windows opened wide for a little while, and the beds be allowed to air. Mattresses should be turned over, every day. It is an excel-

lent plan to brush wearing apparel, and hang it out on the clothes line, occasionally, so that it may become aired.

Cleanliness is another requisite to good health. As far as possible, get rid of all dust; for it often carries germs of disease. Whenever food is put outside the window to cool, it should be carefully covered to escape the dust.

Sweeping.

Cover all food while sweeping and dusting, and never sweep or dust while cooking is going on.

Move chairs to one side of the room and begin at the opposite side to sweep. Sweep from you, towards the center of the room, keeping the broom close to the floor, and make as little dust as possible. Collect dust in a dustpan and burn; never put it in the coal hod.

Dusting.

After dust has settled, wipe it up with a soft piece of cloth, beginning with the things higher up, and afterwards dusting others lower down. Frequently shake your duster out of the window. Dust every piece of furniture, and also door and window ledges. The dust cloth should be kept clean by washing it frequently.

Care of Floors.

Painted floors, or those covered with oil-cloth should be often wiped up in clear water. Unpainted

floors are best cleaned by scrubbing with a brush, using soap suds or sand soap, and then wiping them with a cloth wrung out in clear water.

Toilet Closets.

It is of absolute importance that the bowls in toilet closets be kept clean. The water should always have a chance to flow freely through the pipe every time the closet is used. At least once a week, the bowl should be scrubbed as far down as it can possibly be reached, to remove any matter that has not been washed away by the flowing water. A long brush or stick may be used for this purpose.

Building and Care of a Fire.

Close dampers and slides, empty fire-box; and sift ashes, saving all pieces of partly burned coal. Cover bottom of fire-box with pieces of crumpled or twisted paper, and then lay on small pieces of wood, crosswise, having them come out well at the ends. Open dampers and light the fire. When the wood gets well to burning, sprinkle three or four shovels of coal over it. Then add the coal by degrees till the fire-box is two-thirds or three-fourths full. When the blue flame has burned off, close oven damper, and as soon as the coal is burning freely, shut the front damper. When the fire is not being used, save coal by keeping all dampers closed, check draughts open, and one or two covers raised. To start up the fire, open all dampers, put on covers

and close check draughts. After a few minutes, shake down ashes, and add more coal if needed. To keep a fire over night: Shake down ashes, fill fire-box with coal, close all dampers, open check draughts, and lift the back covers. The ashes should be often brushed from the top of the oven, and raked out from underneath. Whenever the top of the stove becomes spattered with fat, or anything is spilled on it, wipe off at once with some soft paper. Occasionally blacken the stove and polish with a dry brush or piece of cloth. This can best be done when stove is slightly warm.

Gas Stove.

In case a gas stove is used, see that the burners, the top of the stove, the oven, the dripping pan and broiler are kept clean. If anything boils over or is spilled, wipe it up at once, with a soft piece of paper. Often clean the top burners with a brush, and take out, and clean the iron sheet underneath them. Whenever the air holes become clogged, clear them out, by using a small stick or wire.

When the stove is not in use, all stop cocks, including the one in the connecting pipe should be closed. In turning off the gas, first close cock in connecting pipe, then the one to the burner. In turning *on* the gas open cock in connecting pipe, then the one supplying burner, allowing gas to flow for one or two seconds before applying a lighted match. The gas should burn with a blue flame. If it burns with a yellow flame, turn it off, and light it again.

To light oven burner, first light the taper or pilot light, as it is sometimes called, and then open cock to oven burner, when it will light with more or less of a puff; *immediately* then turn off pilot light. Always open the oven door before lighting oven burner.

Before baking or broiling, the oven burners should be lighted for ten or more minutes. In most ovens sufficient heat may be had by keeping the gas turned low. Even then it is sometimes necessary to have a shallow pan of water on the shelf underneath the food to prevent its burning. In using the top burners, keep the gas turned down as low as is possible to keep the contents of kettle or saucepan boiling.

For broiling or toasting, place toaster or rack and pan close under the burner. For toasting, have the flame turned low so that the bread may toast slowly.

Roasting and broiling are both more quickly done with a gas than with a coal stove. A slice of steak requiring from five to seven minutes to broil over coals will broil in from four to six minutes in a gas stove.

In roasting by gas about two minutes less time may be allowed to the pound.

Tests for Oven Heat.

For baking large loaves of bread and cake a moderate oven is required. An oven is moderate when it will turn a piece of white writing paper dark brown in six minutes, or when the hand can

be held inside from twelve to fifteen seconds. For baking small loaves of bread, rolls, biscuit, breakfast cakes or for small roasts of meat, a quick oven is required. A quick oven will turn a piece of writing paper dark brown in four minutes; the hand can be held in a quick oven from eight to ten seconds.

Washing Dishes.

Scrape food from dishes; collect each kind and put in a pile by itself. Have a pan of hot, soapy water, wash glasses first, cups and saucers next, and then silver. Rinse each dish in clean, hot water, drain, and wipe on clean, dry cloths. Then wash, rinse, drain and wipe plates and the dirtier dishes. Wipe out very greasy pots and pans with soft paper, before washing, and always wash them in very hot, soapy water. Wipe frying pans and kettles with dish cloth wrung dry, further dry, by placing them on the stove shelf.

All cooking dishes should be put to soak in cold water immediately after using. Never put handles of steel knives into the water, but wash with the dish cloth. The handle of a Dover egg beater should never be put into water, as washing the oil out of the gears causes the beater to turn hard. Wash, rinse and hang to dry all dish towels every time they are used.

Scrubbing Boards and Unpainted Kitchen Tables.

Brush off all bits, and wash the board or table. Wet a brush and rub sapolio on it; scrub with the

grain of the wood. Then wash off suds with a cloth, rinse and wring cloth, and wipe the board as dry as possible. Rinse and shake brush, and place it to dry, with the bristles down.

Care of Sink.

Keep the sink very clean, by thorough scrubbing, and by often pouring down hot, soapy water to clean the pipe, and afterwards rinsing with clear water. If the sink be an iron one, wipe it dry, after washing, so that it will not rust. Be careful never to pour anything down the sink that will stop up the pipe. In case the pipe becomes stopped up with grease, pour down some sal soda dissolved in boiling water. Occasionally drying an iron sink and rubbing it over with a little grease, or with kerosene, will prevent rusting.

Care of the Tea-kettle.

Keep the tea-kettle from rusting, by pouring out the water every night, and inverting kettle on the sink-shelf to drain.

Care of Ice Chest.

Keep the inside clean, and see that no food is allowed to remain inside till spoiled. Once a week, take out the food, wash shelves with hot, soapy water, rinse, and dry, before putting them back. Frequently wash out and rinse the ice chamber and pipe before a piece of ice is put in.

Setting the Table.

Dust the table, and cover with an under cloth, if you have one. A clean, old blanket will answer for the purpose. Put on the table cloth, having the center of the cloth come in the center of the table. Lay a knife and fork for each person, the knife at the right side, with sharp edge towards plate, and the fork with tines up, at the left side; the napkin and butter plate at the left side, and the tumbler at the right. If teaspoons or soup spoons are needed, place one at the right of each knife. When hot meat is to be served, have the plates warmed and placed in a pile at the father's place, with carving knife and fork at the back of them, or at one side. Place one vegetable dish at the left of father's place, and if more than one vegetable is to be served, place the other dish at mother's place, with plates or saucers piled in front. Have tablespoons and salt and pepper shakers at right of father's and of mother's place.

At breakfast or tea, arrange cups and saucers at the left side of the mother's place; the milk pitcher and sugar bowl in front, and the tea or coffee pot at the right.

After being served with tea, coffee or cocoa, always put cup and saucer at the right side of your plate. Never leave the spoon in the cup, but as soon as you have stirred the tea, place spoon in the saucer.

A small plant or vine growing in water, placed in the center of the table adds to its attractiveness.

After the meal is over, remove all the dishes and brush off crumbs into a plate or tray; fold the cloth in the folds in which it was ironed.

Use for Waste Fat.

All fat not used for cooking purposes may be saved, and made into very good soap. Try out the fat, strain, and when cool, but while in a liquid state, pour it slowly over Babbitt's potash, which has been thoroughly dissolved with a little borax, in cold water, allowing one quart water, half a cup of borax and a one pound can of potash to two and a half quarts grease. After pouring in the grease, stir till the mixture thickens, and pour out into a large baking pan lined with paper. When hard, cut into cakes.

CHAPTER II.

MEASURING AND MIXING.

In order to have good results in cooking, careful measurements are necessary.

All recipes in this book call for level measurements, a spoonful of anything being a level spoonful. In measuring spoonfuls always use the back of a case knife in levelling off the material. Half a spoonful is a spoonful divided lengthwise of the spoon. Cups used for measuring should hold one half pint. To measure a cupful of flour or dry material, put it in with a spoon or scoop, and without shaking it down, round slightly and level off with a case knife.

In measuring butter or lard pack solidly into cup or spoon, and level with a knife.

The following abbreviations are made use of in the recipes:

c. stands for cup.
pt. stands for pint.
qt. stands for quart.
oz. stands for ounce.
lb. stands for pound.
tsp. stands for teaspoon.
tbsp. stands for tablespoon.
spk. stands for speck.
m. stands for minute.
hr. stands for hour.

Table of Weights and Measures.

3 tsp. equals 1 tbsp.
4 tbsp. equals ¼ c.
2 gills equals 1 c.
2 c. equals 1 pt.
2 pts. equals 1 qt.
4 c. sifted flour equals 1 lb.
2 c. butter equals 1 lb.
2 c. granulated sugar equals 1 lb.
2 tbsp. sugar equals 1 oz.
2 tbsp. liquid equals 1 oz.

The proper combining of ingredients is of equal importance with accurate measuring. Stirring is the method used in most kinds of cooking, sometimes alone, and sometimes followed by beating, as in cake-making. Stirring is done by a circular motion, widening from center to outside. Stirring *mixes* the ingredients. Beating is turning ingredients over and over, constantly bringing the under part to the top. Beating is done to make the mixture light by enclosing air. Cutting and folding in, is done to blend one ingredient with another after each has been beaten till light. It is done by cutting down from top to bottom with a spoon and then carefully turning over the mixture from the bottom of the dish, till it comes to the top. This is used in making omelets and sponge cake. Only enough cutting and folding should be done to barely blend the ingredients that have already been beaten, as it is important that none of the air thus enclosed shall escape before the mixture is cooked.

CHAPTER III.

CEREALS AND MACARONI.

Both cereals and macaroni are cheap and nutritious. All starchy foods like these should be thoroughly cooked. As a rule they require longer cooking than the time given in the directions on the outside of the package. The water should be boiling and salted, when the cereal, which should be stirred in with a fork, is slowly added. All should be allowed to cook over the fire for four or five minutes, then covered and cooked over boiling water, to prevent burning down. When a double boiler is not at hand one may be made by using two saucepans, the smaller containing the cereal, being set within the larger, containing boiling water enough to reach to the bottom of the upper saucepan; or a lard pail or tin can containing the cereal may be placed in a kettle containing boiling water, with a piece of iron or tin in the bottom of the kettle for the tin pail, or can to rest upon. While the cereal is cooking it should occasionally be carefully stirred from the bottom with a fork. As the water underneath boils away more should be added. Hasty pudding or cornmeal mush can be made directly over the fire, by having the water boiling and salted, and by sifting in the meal gradually and then stirring constantly for twenty minutes to prevent burn-

ing. If cooked over boiling water three hours will be required. The meal may first be mixed till smooth with a little cold water and then the boiling water be added. In this way there is no danger of lumping. Cornmeal and oatmeal are both good winter cereals, but are too heat giving to be used altogether in summer. In very hot weather some of the wheat cereals should be used.

Time Table for Cooking.

	Cereal.	Water.	Salt.	Time.
Rolled or Quaker Oats	1 c.	2¼ c.	1 tsp.	45 minutes.
Rolled Wheat	1 c.	2 c.	1 tsp.	40 minutes.
Pettijohns	1 c.	2 c.	1 tsp.	40 minutes.
H. O	1 c.	2 c.	1 tsp.	45 minutes.
Germea	1 c.	4 c.	1½ tsp.	40 minutes.
Cream of Wheat	1 c.	4 c.	1½ tsp.	40 minutes.
Fine hominy	1 c.	4 c.	1½ tsp.	1½ hours.
Corn meal mush (hasty pudding)	1 c.	3½ c.	2 tsp.	3 hours. (*a*)
Rice, steamed	1 c.	2½ to 3 c.	1½ tsp.	45 to 60 minutes.
Rice, boiled	1 c.	2 qts.	1 tbsp.	25 to 30 minutes.
Old-fashioned oatmeal	1 c.	4½ c.	1½ tsp.	4 hours.
Cracked wheat	1 c.	4 c.	1½ tsp.	4½ to 5 hours.
Macaroni	1 c.	2 qts.	1 tbsp.	30 to 40 minutes.

(*a*) If cooked over hot water; 20 to 25 minutes, if cooked over the fire.

Rolled or Quaker Oats.

1 c. oats. 2¼ c. boiling water.
1 tsp. salt.

Have the water boiling and salted over the fire, then stir in the cereal very slowly with a fork. Let it cook for three or four minutes over the fire, then place over hot water, cover, and allow it to cook thirty-five minutes more, stirring occasionally with

a fork, being careful not to break the grains. Any cereal is cooked in the same way.

Steamed Rice.

1 c. rice. 2½ to 3 c. boiling water.
1½ tsp. salt.

Measure rice, put it into a strainer, place strainer in a bowl and pour cold water through it. Change the water several times. Add the washed rice to the boiling salted water and let it cook two or three minutes, stirring with a fork to prevent its sticking, then place over hot water and let it cook forty-five minutes or till kernels are soft; uncover, and stir gently with a fork to let the steam escape. Pile on a hot dish and serve with meat for a vegetable, or serve with milk and sugar or syrup for a dessert.

Steamed Rice and Cheese.

Steam rice as in the first recipe, put in layers in a greased pudding dish with grated cheese between and on top. Place dish in the oven till cheese melts.

Boiled Rice.

1 c. rice. 2 qts. boiling water.
1 tbsp. salt.

Wash rice, add slowly to the boiling, salted water, and cook from twenty to twenty-five minutes or till

kernels are soft. Pour into a strainer, drain and place on the stove shelf. Before serving stir gently with a fork to let the steam escape.

Hasty Pudding.

1 c. yellow cornmeal. ½ tbsp. salt.
3½ c. boiling water.

Have water salted and boiling, stir in meal very slowly, cook for twenty minutes, stirring constantly, or place over hot water and cook three hours, stirring occasionally. Eat hot, with milk or molasses, or pour into greased baking powder tins, cool, cover, and when ready to use cut in one-half-inch slices and fry in a little hot salt pork fat or beef dripping. Serve with meat, or as a dessert, with molasses or syrup. Any left over cereal may be fried in the same way.

Macaroni.

Macaroni, spaghetti and vermicelli are made of wheat flour and water, made into a stiff paste, pressed through moulds which form it into tubes. It is then dried. Macaroni is a valuable food, as it is cheap and nutritious. Combined with cheese it forms a most nutritious food. It should always be thoroughly cooked in plenty of boiling, salted water or meat broth, as it swells very much in cooking.

Macaroni and White Sauce.

¾ c. macaroni broken in one-half-inch pieces.
2 qts. boiling water.
1 tbsp. salt.
1½ c. white sauce.

Add salt and macaroni to the boiling water, and cook from twenty-five to forty minutes, or till soft, drain through a colander or sieve, pour cold water over to prevent its being sticky, drain, put into a hot dish and place on the stove shelf to keep hot. Heat 1¼ c. milk in the stewpan in which macaroni was cooked, and when it reaches the boiling point add 2 tbsp. flour, ½ tsp. salt and ⅛ tsp. pepper, mixed till smooth with ¼ c. milk; stir well and cook three or four minutes after it begins to boil. Add 1 tbsp. butter and pour sauce over the macaroni. The butter may be omitted.

Macaroni and Cheese.

Put cooked macaroni in layers in a greased pudding dish with grated cheese and white sauce between, having a thin layer of grated cheese on top. Place in the oven till cheese melts. If liked, buttered crumbs may be added before placing dish in the oven, and then allowed to brown delicately, or cheese may be omitted, and strained tomato, seasoned with salt and pepper, used in place of the white sauce.

Macaroni Milanesi

6 slices fat bacon.
3 c. boiling water.
½ lb. macaroni.
1 tsp. salt.

Fry bacon until crisp, cut in small pieces and add boiling water. When water boils add broken macaroni and salt. Cook until tender and add:

1 sliced onion.
½ c. cut celery.
½ red pepper (remove seeds).
Sprig parsley (cut fine).
3 c. tomato.

Stew all slowly until well thickened and add
½ lb. grated or sliced cheese.
When cheese is melted serve on hot toast.

Noodles.

1 beaten egg. 2 tsp. water.
½ tsp. salt.

Flour to make a stiff dough. Mix and work well 15 or 20 min. Adding flour when necessary. When smooth and elastic roll thin. Cut. Let dry an hour or more.

CHAPTER IV.

VEGETABLES.

Always select vegetables that are fresh. Never buy wilted or partially decayed ones, no matter how cheap, as they are unwholesome and dear at any price. Always thoroughly wash, and, usually, either pare, peel or scrape vegetables, before boiling. New potatoes may be cooked in their skins. Beets must not be scraped, as the juice escapes when the skin is broken. As soon as vegetables are prepared for boiling they should be put in cold water till water in which they are to be cooked boils. Old potatoes are improved by soaking in cold water for an hour or two. The boiling water in which vegetables are to be cooked should usually be salted. Allow one tablespoonful salt to two quarts water. Vegetables should always be cooked till they are tender. Too much cooking sometimes renders green vegetables hard. This is especially true of green corn and asparagus.

Time Table for Baking.

Beans, dried	2	to 8	hours.
Potatoes	45	to 60	minutes.
Sweet potatoes	35	to 45	minutes.
Squash	30	to 35	minutes.

Time Table for Boiling.

Asparagus	20	to	30	minutes.
Beans, shelled	1½	to	2	hours.
Beans, string	1	to	2	hours.
Beets, old	3	to	4	hours.
Beets, young	1	to	1¼	hours.
Cabbage	30	to	60	minutes.
Carrots	35	to	50	minutes.
Cauliflower	25	to	35	minutes.
Green corn	10	to	15	minutes.
Kale	1	to	1½	hours.
Onions	50	to	60	minutes.
Parsnips	35	to	50	minutes.
Peas	25	to	40	minutes.
Potatoes	25	to	40	minutes.
Sweet potatoes	20	to	30	minutes.
Spinach	30	to	40	minutes.

Baked Potatoes.

Thoroughly wash the potatoes, and bake in a hot oven about forty-five minutes, or till potatoes are soft. When done, break open the skins to let the steam escape. If any potatoes are left over, peel them while warm, and save them to warm over.

Boiled Potatoes.

Wash and pare six potatoes of about the same size, and soak for one hour or more in cold water, to cover. Then put the potatoes in boiling, salted

water, allowing 1 tbsp. salt for two quarts of water and boil one-half hour, or till tender. Drain very dry, remove cover at once and shake gently over the fire till potatoes are mealy.

Mashed Potatoes.

Mash the six potatoes, after draining very dry, in the kettle in which they were boiled. Add ¾ tsp. salt, a spk. of pepper, ½ tbsp. butter and enough hot milk to moisten. Beat with a fork till white and creamy, and pile lightly in a hot dish.

Potato Cakes.

Shape cold mashed potato in small cakes. Heat a frying pan, put in a little beef dripping or butter and when fat is hot put in the cakes; when brown on one side, turn and brown the other side. Use as little fat as possible.

Creamed Potatoes.

½ c. milk.
2 c. cold boiled potatoes cut in cubes.
1 tsp. salt. ⅛ tsp. pepper.
1 tbsp. chopped parsley. 2 tsp. butter.

Put milk in a frying pan and when hot add potato; cook till milk is nearly absorbed, and then add seasoning, butter and chopped parsley.

Scalloped Potatoes.

Wash, pare and slice raw potatoes. Put a layer in a baking dish; sprinkle with a little salt and pepper; dot over with butter and sprinkle slightly with flour. Continue this until the dish is nearly full, then half cover with milk. Bake one hour, keeping the dish closely covered for the first half hour.

Lyonnaise Potatoes.

6 cold boiled potatoes.
$\frac{1}{16}$ tsp. pepper. $\frac{3}{4}$ tsp. salt.
3 tbsp. butter, beef dripping, or pork fat.
1 tbsp. finely chopped onion.
1 tbsp. finely chopped parsley.

Cut potatoes into one-half-inch dice, and sprinkle with the salt and pepper. Melt the butter or dripping in a frying pan, add the chopped onion and cook until onion is golden brown, stirring constantly with a fork. Add potatoes and stir occasionally with a fork till potatoes have absorbed the fat and become slightly brown. Just before serving, add parsley. 1 tbsp. of vinegar may also be added if liked.

Roast Potatoes.

Wash and pare medium-sized potatoes, cook for ten minutes in boiling salted water, drain, place in a baking pan in which meat is roasting, and cook for

forty-five minutes, or till they are tender and brown. Baste when basting the meat.

Potato Salad.

Cut cold boiled potatoes in one-half-inch cubes, sprinkle with salt and pepper, add a very little onion juice and mix with a little chopped parsley. Moisten well with salad dressing and form into a mound on a platter. Over the top arrange cold boiled beets, that have stood in vinegar a short time, and then been cut in small cubes.

Salad Dressing.

½ tbsp. salt.
½ tbsp. mustard.
1½ tbsp. sugar.
1 tbsp. flour.
Few grains cayenne.
1 egg.
2 tbsp. melted butter.
¾ c. milk.
¼ c. vinegar.

Mix salt, mustard, sugar, flour and cayenne, add egg slightly beaten, the melted butter and milk. Add vinegar slowly and cook all, over hot water for about eight minutes, or till the mixture thickens, stirring all the time. Strain and cool.

German Potato Salad.

Cut cold boiled potatoes in rather thick slices, sprinkle with salt and pepper and add a few drops

of onion juice. To get the juice, hold a tin grater over the potatoes and rub a peeled onion on the rough surface, using a circular motion. Cut a few slices of bacon in small pieces and cook them in a hot frying pan till the fat has tried out and the bacon is brown and crisp; add bacon and fat to the potatoes. Heat enough vinegar mixed with an equal amount of water to moisten the salad, letting it boil up once. When vinegar is slightly cooled pour it over the potatoes, mixing carefully, so that the slices will remain whole. Put away in a cold place till ready to serve.

To Prepare Lettuce for a Salad.

Pick off and wash the leaves separately in cold water. Drain and keep in a cold place till ready to use. Lettuce should be prepared but a short time before it is to be used.

Mashed Turnips.

Wash and pare the turnips, cook in boiling, salted water till they are tender. Drain very dry, mash thoroughly and season to taste with butter, salt and pepper. Beat well and put into a hot serving dish.

Boiled Onions.

Peel onions, soak for a little while in cold water, then cook in boiling, salted water; change the water

after they have cooked for ten minutes. When tender, drain, and pour boiling water over them, and again drain. Take out in a hot dish, and season with butter, salt and pepper, or pour a white sauce over them. Serve hot. For white sauce see Chapter XIII.

Boiled Carrots.

Wash and scrape carrots, cut in halves and cook in boiling, salted water forty-five minutes, or till soft; drain, cut in slices, butter slightly and sprinkle with salt and pepper, or cut in slices and pour a white sauce over them.

Boiled Beets.

Wash, but do not scrape, and cook in boiling water from one to four hours, or until soft. Drain and put in cold water, that skins may be easily taken off. Cut in slices, sprinkle with salt and pepper or cover with vinegar.

Boiled Cabbage.

Take off outside leaves, cut in quarters and throw away tough stalk. Soak in cold water, and then cook in a kettle of boiling, salted water, to which ⅛ tsp. baking soda has been added. Cook from thirty-five to forty-five minutes, with cover off. Cooking the cabbage uncovered prevents disagreeable odor. The cabbage may be cooked with corned beef.

Cabbage Salad or Cold Slaw.

Select a small, heavy cabbage, take off outside leaves, cut in quarters, and shred very thinly with a sharp knife, or take out tough stalk and chop cabbage; put in cold water and soak till crisp, drain and when dry mix with salad dressing, as given in potato salad.

German Cabbage.

1 small red cabbage.
2 tbsp. butter or bacon fat.
1 tbsp. chopped onion.
½ tsp. salt.
Tiny grating of nutmeg.
Few grains cayenne.
3 tbsp. vinegar.
2 tsp. sugar.

Slice cabbage as for the salad, soak in cold water for half an hour, melt butter in a large stewpan, add chopped onion, salt, nutmeg and cayenne. Cook till onion is slightly browned, add cabbage, with the water which clings to it, cover, and cook till cabbage is tender. Add vinegar and sugar and cook five minutes more. One or two tart apples, pared, cored and sliced may be cooked with the cabbage.

Boiled Spinach.

Pick over and throw away all roots, stems and decayed leaves, wash in several waters, till water is clear, put in a kettle or large stewpan with barely enough hot water to cover the bottom. Heat slow-

ly, and then cook the spinach in its own juices from thirty to thirty-five minutes, or till tender. Drain, season with a little butter, salt and pepper. The spinach may be chopped before seasonings are added, and reheated before serving. A small piece of pork may be cooked with spinach and the butter be omitted.

Kale.

Kale is much cheaper than spinach, and by many liked as well. Strip off leaves, throwing away stalks. Wash in several waters, and cook till tender in boiling water to cover. Season and serve like spinach. A little salt pork or ham cooked with the kale improves the flavor.

Dandelion Greens.

Wash thoroughly, as in case of spinach or kale. Cook an hour or more with a small piece of salt pork in boiling hot water to cover. Beet or other greens are cooked in the same way.

Cauliflower.

Remove outside leaves, cut off stalk and soak cauliflower one-half hour with head down in cold water to cover. Cook with the head up in boiling, salted water for twenty-five minutes or till tender. Drain, place in a hot dish and pour over it one or one and a half cups white sauce, made according to the rule given for milk toast. The flowerets may be separated before cooking if liked.

Asparagus.

Untie bunches, wash and break each stalk as far down as it can be broken, into inch pieces; cook in barely enough salted water to cover for fifteen or twenty minutes. Season with butter and serve in the liquor in which it was cooked.

Green Shell Beans.

Shell, wash and cook in boiling water from one to two and a half hours, using only enough water to cover beans. Season with butter, salt and pepper. Instead of using butter in seasoning, a small piece of salt pork may be cooked with the beans.

String Beans.

Take off strings, cut in one-inch pieces, wash and cook in boiling water from one to three hours. Use as little water as possible in the cooking and serve beans in it. Season like shell beans. To save butter, a small piece of pork may be cooked with the beans.

Peas.

Shell peas, cover with cold water and skim off what rises to the top. Cook in a small quantity of boiling water from twenty minutes to an hour or till tender. Season with butter and salt and serve in the liquor in which they were cooked. Peas may also be cooked with a small piece of pork to save butter.

Dried Vegetables.

Peas, beans and lentils are rich in muscle-making material and may sometimes be used as substitutes for meat.

Pork and Beans Baked.

1 qt. white beans.
½ lb. pork.
2 tbsp. molasses.
1 tbsp. salt.
½ tsp. soda.

Soak beans over night in cold water. In the morning drain off water, add fresh water to cover and put on to boil with pork slashed in four or five places. Boil slowly till soft, not mashed, add molasses, salt and soda, put in a deep pan and bake from one and a half to two hours.

Boston Baked Beans.

1 qt. pea beans.
½ lb. salt pork, streaked with lean.
1 tbsp. salt.
½ tbsp. mustard.
⅓ c. molasses.
2 c. hot water, or enough to cover beans.

Pick over and wash beans, soak over night in cold water to cover. In the morning drain, cover with fresh water, and parboil slowly till beans are soft enough to pierce with a pin, being careful that they do not boil to pieces.

Drain and put beans in bean pot. Scald and scrape pork and cut through rind in half-inch strips. Bury pork in beans; mix salt, mustard, molasses and hot water and pour over beans. Cover and bake slowly for six or eight hours. Add more hot water as needed. Uncover for the last hour and lift up the pork that it may become crisp and brown. Sugar may be used in place of molasses if preferred.

Stewed Beans.

1 qt. beans. ½ lb. salt pork streaked with lean.
Salt if needed.

Soak beans over night, drain off water, put in a kettle or stewpan with the pork and enough water to cover, and cook slowly on the stove for four or five hours or till beans are tender. Add salt to taste. If water boils away add more.

Mayonnaise Dressing.

1 egg yolk.
½ tsp. mustard.
⅛ tsp. paprika.
⅛ tsp. cayenne.
Vinegar.
Lemon juice.
1 cup olive oil.
½ tsp. salt.

Mix mustard, paprika and cayenne with yolk of egg and beat until thick. Add olive oil drop by drop until 4 tbsp. have been added. Add salt and rest of oil more rapidly until used, thinning as needed with vinegar and lemon.

Celery and Apple Salad.

1 head lettuce.
2 c. celery.
2 c. apples.
1 c. salad dressing (Cooked or Mayonnaise).

Wash and crisp the lettuce. Break the celery into stalks and use the white parts.

Pare tart apples and cut into dice.

Mix dressing with celery and apple and arrange on lettuce leaves on individual plates.

Place spoonful of salad dressing on each portion.

If desired, add ¼ c. chopped pecans or English walnuts to the celery and apple.

Stuffed Tomatoes.

Cut a thin slice from the smooth end of tomatoes. Scoop out the pulp and mix with an equal quantity of boiled rice or bread crumbs. Season with salt, pepper, onion juice and butter. Refill tomato shells with mixture, cover with slice taken off and bake ½ hour.

French Dressing.

½ tsp. salt.
¼ tsp. pepper.
3 tbsp. olive oil.
1 tbsp. vinegar.

Stir the seasonings into the oil, add the vinegar and stir vigorously until the dressing thickens. Serve with a green salad.

CHAPTER V.

SOUPS.

Potato Soup No. 1.

3 medium-sized potatoes.
1 pt. milk.
1 pt. water.
Slice of onion.
½ tbsp. salt.
⅛ tsp. pepper.
½ tsp. celery salt.
2 tbsp. flour.
½ tbsp. butter.

Wash and pare potatoes, cook in boiling, salted water till they are tender, drain and mash in the kettle in which they were cooked, add hot water, salt, pepper and celery salt. Scald the milk and while scalding cook the onion in it. Take out onion and add scalded milk to the soup. Mix flour with a little cold water and stir it into the boiling soup. Let all boil for three or four minutes, stirring all the time. Add butter just before taking from the fire. The butter may be omitted.

Potato Soup No. 2.

3 potatoes.
1 pt. milk.
Slice of onion.
1 c. hot water.
1½ tbsp. butter.
2 tbsp. flour.
1½ tsp. salt.
¼ tsp. celery salt.
⅛ tsp. pepper.

Wash and pare potatoes; cook in boiling salted water till they are tender. Scald milk with the onion. Mash potatoes; add scalded milk and hot water; rub through a strainer and put on to boil. When soup boils, melt butter in a saucepan and stir in flour, salt, pepper, and celery salt, add enough of the boiling soup to the flour and butter to make it pour easily, and then add it to the boiling soup, stirring for two or three minutes. A little chopped parsley may be added.

The second method gives a more delicious soup.

Bean Soup.

1½ c. dried beans.	½ tsp. celery salt.
2 qts. cold water.	1 tbsp. salt.
1 small onion.	⅛ tsp. pepper.
Stalk of celery; or,	3½ tbsp. flour.
2 tbsp. butter.	

Soak beans over night or for several hours in cold water to cover. Drain and put into a stewpan or kettle with the cold water, sliced onion and celery. Cook slowly for three hours or till beans are very soft, adding more water as it boils away. Rub through a strainer, return to the kettle and when soup boils add seasoning and thicken with flour mixed with a little cold water. The butter may be omitted.

Baked Bean Soup.

A good soup may be made of left over baked beans.

1 pt. cold baked beans.	2 tbsp. butter.
3 pts. cold water.	3 tbsp. flour.
½ small onion.	2 tsp. salt.
½ tsp. celery salt.	¼ tsp. pepper.

Put beans, cold water and onion in a kettle, and cook slowly for one hour or till beans are very soft. Rub all but the skins through a strainer, and put on to boil again. Add seasoning and thicken as you do the plain bean soup or potato soup No. 2. The latter method gives a more richly flavored soup. One cup strained tomato or 1 tbsp. Chili sauce may be added before thickening, if desired.

Cream of Dried Lima Bean Soup.

1½ c. dried Lima beans.	4 tbsp. flour.
2 qts. cold water.	3 tbsp. butter.
1 pt. milk.	½ tbsp. salt.
	¼ tsp. pepper.

Soak beans for several hours in cold water to cover, drain, add the two qts. cold water with the onion and cook slowly till beans are soft, rub through a strainer and return to the soup kettle. Scald and add the milk and seasonings. When soup boils, thicken by adding flour cooked in the melted butter, or mixed till smooth with a little cold water.

Split Pea Soup.

1 c. split peas.
2½ qts. cold water.
2 slices onion.
1 pt. hot milk.
2 tbsp. butter.
2½ tbsp. flour.
½ tbsp. salt.
⅛ tsp. pepper.
½ tsp. celery salt.

Pick over and wash peas, soak over night or for several hours in cold water to cover. Drain, add the cold water and onion. Simmer three or four hours or until peas are soft. Rub through a strainer and put on to boil again, add hot milk, salt, pepper and celery salt, and thicken with the flour cooked with the butter. A ham bone cooked with the peas improves the flavor of the soup. One-fourth pound salt pork may be cooked with the peas, the butter omitted, and soup thickened with the flour mixed with a little cold water. More water may be used and the milk omitted.

Lentil Soup.

1 c. lentils.
2 qts. cold water.
½ small onion.
3 c. hot milk.
2 tbsp. butter.
2½ tbsp. flour.
½ tbsp. salt.
½ tsp. celery salt.
Or stalk of celery cooked with the lentils.
⅛ tsp. pepper.

Wash and soak lentils; make like split pea soup.

Cream of Carrot Soup.

1 qt. milk. 2 large carrots.
1 pt. of the water in which carrots were cooked.
4 tbsp. flour. ½ tbsp. salt.
3 tbsp. butter. ⅛ tsp. pepper.

Wash and scrape the carrots, cut in slices; cook in boiling water for one-half hour or till soft; rub through a coarse strainer, and put on to boil with 1 pt. of the water in which they were cooked and the milk. Thicken with the flour cooked in the butter, add salt and pepper and serve at once.

Cream of Tomato Soup.

1 qt. milk. ⅛ tsp. pepper.
5 tbsp. flour. 2 tbsp. butter.
2 tsp. salt. ½ can hot strained tomato, or
1½ c. fresh stewed and strained tomato.

Scald milk and thicken with the flour mixed with a little cold water, cook over hot water twenty minutes, stirring constantly at first, add butter, salt and pepper; stew and strain tomatoes, remove from the fire and pour the hot, white sauce over them; mix well and serve at once. If the white sauce and tomato are put together in this way the soup will never curdle.

Ox Tail Soup.

1 oxtail.
1 onion.
Sprig of parsley.
2 qts. cold water.
1 tsp. celery salt.
½ tbsp. salt.
¼ tsp. pepper.
1 tsp. mixed herbs (savory, thyme, marjoram).

Cut the tail through at the joints, roll each piece in flour. Peel and slice the onion and brown it in a frying pan in some beef fat. Put meat, seasonings and cold water into a kettle, and cook slowly on the back of the stove for four or five hours. Skim off the fat and add more salt if needed. Serve with the pieces of tail in it.

Brown Soup Stock.

3 lbs. lean shin of beef.
1 lb. shin bones, cracked fine.
2 qts. cold water.
1 tsp. salt.
½ tsp. finely chopped pepper.
½ onion.
1 stalk celery.
4 slices carrot.
3 peppercorns.
1 clove.
1 tbsp. butter.

Cut meat fine, cover with cold water, add bones and simmer 4 hrs. Brown vegetables in butter; add to stock with seasonings, cook one hour longer, strain, cool, remove fat and clear.

Serve very hot.

Quick Tomato Soup.

1 qt. can tomato.	4 tbsp. flour.
1 pt. water.	2 tsp. salt.
2 tbsp. sugar.	¼ tsp. pepper.
2 tbsp. butter.	¼ tsp. celery salt.

2 slices onion.

Put all together in saucepan, stir well, and boil slowly 15 or 20 ms. Stir occasionally to prevent sticking to pan. Strain and serve.

12 fresh tomatoes may be used in the above soup, in which case the water should be omitted.

Cream of Green Pea Soup.

1 can peas.	1 pt. milk.
2 tsp. sugar.	1 slice onion.
1 pt. cold water.	2 tbsp. flour.
1 tsp. salt.	2 tbsp. butter.

Spk. pepper.

Drain and rinse peas, add sugar and water. Simmer 20 ms. Rub through a sieve, reheat with milk and onion and add butter and flour, which have been well mixed together. Season, boil 2 ms. and serve.

CHAPTER VI.

MEAT.

Meat is the flesh or muscle of animals. It is a strength-giving and muscle-making food. The flesh of the ox, steer, heifer and cow is called beef. That of the calf is known as veal, the flesh of the sheep as mutton, that of the lamb as lamb, and that of the pig as pork. Meat is the most nutritious of all foods. A piece of meat is composed of fat and muscle. The muscle is made up of little bunches of hollow fiber containing a red juice. These bunches of fiber are held together by a thin membrane called connective tissue. As the juice contains most of the strength-giving part of the meat, meat should always be cooked in such a way as to retain the juice. Cuts of meat having muscles that were much used when the animal was alive contain more juice than those from parts where muscles were used less. They are, therefore, more strength-giving, though tougher and less expensive. Only comparatively tender meat should be broiled or roasted. The tougher portions can be made tender by long, slow cooking. Gelatin is a substance found in bones, tendons and gristly parts of meat. Gelatin is dissolved by long, slow cooking, and as it gives flavor

and consistency to soups and stews, some bone is always used in their preparation.

In selecting meat see that it is firm and fine-grained, and if beef that it is well mottled with fat and bright red in color. The lean of good veal is light pink, or flesh-colored, and the fat white and clear. Mutton and lamb rank next to beef in their strength-giving qualities. Veal and pork are less nutritious and harder to digest than other meat and should be used less frequently. Fresh pork should never be eaten in warm weather. Salt pork, bacon and ham are less objectionable than fresh pork. Bacon, next to butter, is the most easily digested form of fat. As soon as meat comes from the market the paper in which it was wrapped should be taken off, as paper absorbs the juice. Cover the meat and keep it in a cold place, till ready to use it. Never put it on ice without a plate under it. Do not wash meat, but wipe with a damp cloth, as washing, draws out some of the juice.

General Rules for Cooking.

For boiling, plunge meat into boiling water and let it boil for eight or ten minutes in order to quickly cook the outside, so that the juice inside will not escape. Then set back on the stove where there is sufficient heat to keep the water just below the boiling point and cook till meat is tender. Meat cooked in this way will be tender and juicy inside,

when, if boiled rapidly, it will be tough, dry and flavorless.

In boiling corned beef, or any very salt meat, where it is necessary to draw out some of the salt, the meat should be put into cold, rather than into boiling water, and should have the same long, slow cooking as fresh meat.

For broths or beef tea, where the object is to draw out the juices, the meat should be cut in small pieces, put in cold water and cooked below the boiling point. For stews, the meat and bones should be cut small, covered with boiling water and cooked very slowly. For broiling, bright red coals are necessary to give an intense heat to quickly cook the outside of meat, thus preventing escape of juices. The broiler holding the meat should be frequently turned. A properly broiled piece of meat is browned nicely on the outside and the whole inside is red and juicy. Pan-broiling is a good method of cooking steaks and chops, when a bed of coals for broiling is not available. The frying pan, in which the meat is to be cooked, must be very hot when the meat is put in, and meat must be frequently turned, the same principle applying here as in broiling. For roasting great heat is needed at first to sear over the outside of the meat, after which the heat may be reduced. It can readily be seen that the smaller the roast the greater the heat may be. If a very large roast is exposed to an intense heat, the outside will become burned before the heat can reach the inside. The time for cooking meats depends so much upon the size, cut, thickness,

amount of surface exposed and quality of the meat that it is impossible to give exact rules. The following table will, however, be a partial guide. Veal and pork need longer cooking than beef, and for roasting, do not require as hot an oven.

Time Table for Cooking Meats.

Boiling.

Neck of mutton, per pound....	15 to 18	minutes.
Shoulder of mutton, per pound.	15	minutes.
Corned beef, per pound.....	30	minutes.
Ham, per pound.....	30	minutes.
Corned tongue, per pound.....	30	minutes.
Fresh tongue, per pound.....	25	minutes.

Roasting.

Beef rib, rare, per pound.....	8 to 10	minutes.
Beef rib, well done, per pound.	12 to 14	minutes.
Beef rib, rolled, rare, per pound.	12	minutes.
Beef rib, rolled, well done, per pound	15	minutes.
Beef, top of sirloin, rare, per lb.	12	minutes.
Beef, top of sirloin well done per pound	15	minutes.
Beef, top round, rare, per pound.	12	minutes.
Beef, top round, well done, per pound	15	minutes.
Beef, cross ribs, rare, per pound.	12	minutes.
Beef, cross ribs, well done, per pound	15	minutes.
Shoulder of mutton, per pound.	18 to 20	minutes.
Leg of mutton, per pound.....	15 to 18	minutes.
Leg or breast of veal, per pound.	30	minutes.
Pork, sparerib or loin, per pound.	25	minutes.

Broiling.

Beefsteak, one inch thick.....	5 to 7 minutes.
Beefsteak, 1½ inches thick.....	10 to 15 minutes.
Chops	6 to 8 minutes.

The following diagrams of the ox, calf, sheep and pig show the position of the different cuts of beef, veal, mutton, and pork as they are sold in the New York markets; but a thorough knowledge of the subject can only be gained by frequent visits to the market, and a careful study of the cuts themselves. A butcher is usually willing to help his customers in such study.

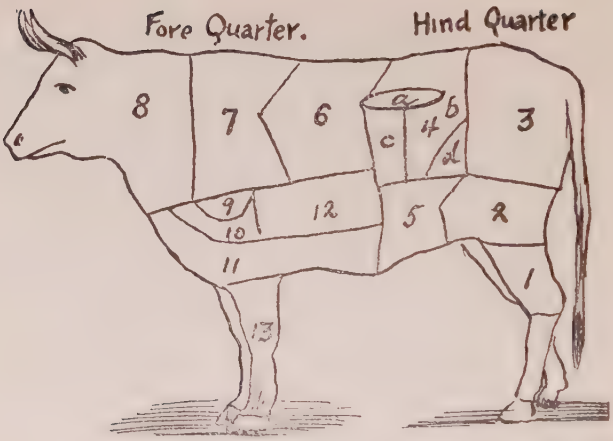

Chart Showing Cuts of Beef.

Hind Quarter.

	WAYS OF COOKING.	AVERAGE PRICE, 1910.
1	Shank, stews	12 cts.
2	Round, top steaks, beef tea	20 cts.
	Bottom, Hamburg steaks, pot roast, stews	18 cts.
3	Rump, pot roasts, Hamburg steaks, stews	14 cts.
4	Loin—	
	a Tenderloin.	
	b Sirloin, steaks	22 cts.
	c Porterhouse, steaks	28 cts.
	d Top of sirloin, roasts and steaks	18 cts.
5	Flank, stuffed, rolled and stewed, or corned	12 cts.

Fore Quarter.

	WAYS OF COOKING.	AVERAGE PRICE. PER LB.
6	Prime ribs, roasts	18 to 22 cts.
7	Chuck ribs, roasts, steaks, stews.	12½ cts.
8	Neck, stews, mince meat	12 cts.
9	Cross ribs, roasts, steaks	18 cts.
10	Shoulder, pot roasts, stews	12 cts.
11	Brisket, corning	12 to 14 cts.
12	Plate, corning	12 cts.
13	Shin, soups and stews	12 cts.

Other Parts of Beef Used for Food.

WAYS OF COOKING.	AVERAGE PRICE.
Tongue, boiled fresh or corned	.75 to $1 each
Heart, stuffed and baked	12 cts. each
Liver, broiled or fried	12 cts. per lb.
Kidneys, stewed	12½ cts. each
Suet, tried out for shortening and for frying	8 cts. per lb.
Tripe, broiled or fried	8 to 12 cts.
Tail, soups	12 cts each

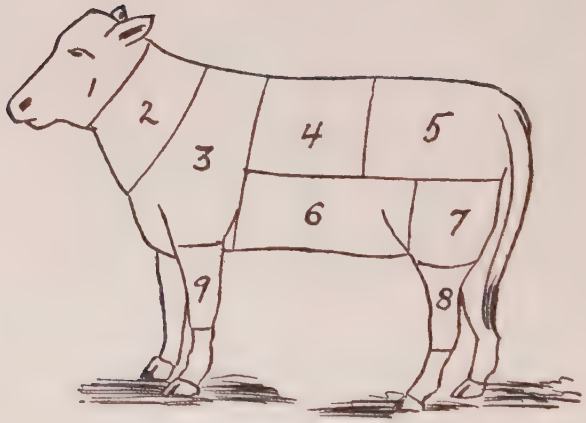

Chart Showing Cuts of Veal.

Veal.

WAYS OF COOKING.	AVERAGE PRICE. PER LB.
1 Head, boiled and served with the pluck or liver	50 cts. each.
2 Neck, stews	18 cts. per lb.
3 Shoulder, stuffed and roasted	16 to 18 cts.
4 Ribs or rack, chops	20 cts.
5 Loin, chops and roasts	20 cts.
6 Breast, roast	18 cts.
7 Hind leg, roasted or sliced for cutlets to fry	20 to 28c per lb
8 Hind shin or knuckle, stews	25 cts. each.
9 Fore shin or knuckle, stews	25 cts. each.

Other Parts of Animal Used for Food.

Brains, boiled and served in white sauce	5 cts. each.
Pluck or liver, broiled, boiled or baked	60 cts. each.
Heart, stuffed and baked	5 cts. each.
Tongue, boiled	15 cts. each.
Lungs or lights, stewed	15 cts. per pair.
Sweetbreads, cooked in boiling water	$1.25 per pair.

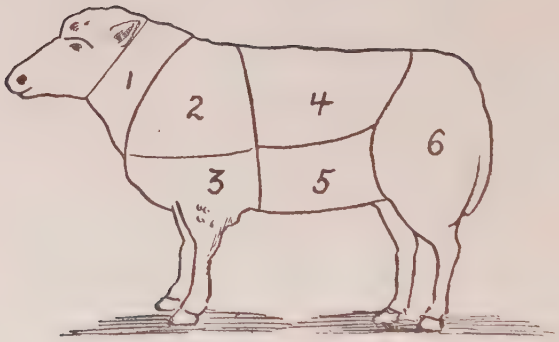

Chart Showing Cuts of Mutton or Lamb.

	WAYS OF COOKING.	AVERAGE PRICE.
1	Neck, stews and broths.....	12 cts. lb.
2	Chuck, stews and broths.....	12½ cts. lb.
3	Shoulder, stuffed and roasted..	16 cts. lb.
4	Loin and ribs, chops and roasts	22 cts. lb.
5	Breast, stews	8 cts. lb.
6	Leg, roasted or boiled whole or part cut in chops.....	18 to 20 cts. lb.

Other Parts Used for Food.

Tongue	3 cts. each.
Heart	2 cts. each.

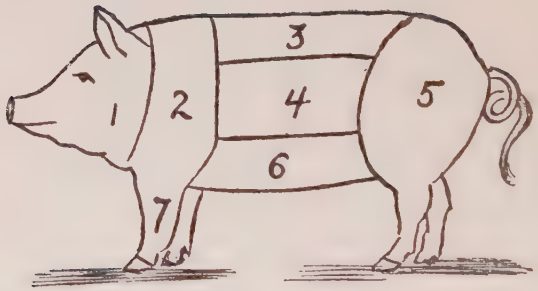

Chart Showing Cuts of Pork.

WAYS OF COOKING.	AVERAGE PRICE.
1 Head, for hog's head cheese.....	3 cts. per lb.
2 Neck and shoulder, roasted fresh or cured and salted for ham, fresh, 10 cts., salted.....	14 cts. per lb.
3 Back, all fat close to backbone, salted and used for frying....	16 cts. per lb.
4 Ribs and loin, fresh chops and roasts	18 cts. per lb.
5 Ham, sometimes roasted fresh, but usually cured, salted and boiled, broiled or fried, fresh, 12 cts., salted	18 cts. per lb.
6 Belly, cured, salted and smoked for bacon	22 cts. per lb.
7 Feet, pickled and boiled, forefeet, 6 cts. per lb., hind.....	3 cts. each.

Other Parts of Animal Used for Food.

Leaves of fat tried out into lard for frying.....	14 cts. per lb.
Liver broiled, fried or stewed.....	12 cts. per lb.

Roast Beef.

The top of the sirloin, the cross ribs, (sometimes called shoulder clod) and the best cut of the top round, are very satisfactory pieces for roasting. They are juicy and well flavored, and beside costing less per pound, than the best rib roasts, contain no waste, as they are solid meat.

Wipe the meat with a damp cloth, rub over with salt and flour, place on a rack or on wooden skewers in a dripping pan and put into a hot oven. If liked rare, allow meat to cook for twelve minutes to the pound and twelve minutes extra for it to become heated through. Baste often, with some of the fat, as it melts. If the fat begins to burn, a little hot water may be added to the pan. After the flour has browned the heat may be reduced. When meat is done, take it up on a hot platter, add hot water to the browned juices in the pan, thicken with flour smoothly mixed with a little cold water and let it cook thoroughly, stirring all the time. Season with salt and pepper, and strain for gravy. Another way of making gravy is to pour off some of the fat after taking up the meat, place dripping pan on front of stove, add three or four tablespoons of flour, stir till brown and add gradually enough boiling water to make the gravy the right thickness, stirring all the time to prevent lumping. Season with salt and pepper and if not perfectly smooth, strain. The last method gives a richer, browner gravy.

Broiled Steak.

The second or third slice from the top round, or first slice from top sirloin are both good for broiling. Steaks should always be cut at least one inch thick. Wipe meat with a damp cloth, grease inside of the broiler with a piece of the fat, place meat in broiler, having fat edge come next the handle. Broil over clear coals, turning every ten seconds for first two minutes and then turning occasionally till browned on each side. A steak cut one inch thick will broil in from five to seven minutes if liked rare. Take out on a hot platter, and sprinkle with salt and pepper.

Pan-broiled Steak.

Wipe meat and take off all the fat; heat a frying pan very hot, rub it over with a piece of the fat, put in the steak, and cook for about five minutes, turning the meat every ten seconds at first and then letting it brown on each side. Take up on a hot platter, sprinkle with salt and pepper, and keep hot while cooking the fat. Pan-broiling must not be confused with frying, and only enough fat should be used to prevent steak from sticking to the pan. Steaks must never be fried, as frying dries up the juices and renders the meat tough and indigestible.

Pan-broiled Meat Cakes.

Chop tough, raw meat very fine, season with salt, pepper, and a few drops of onion juice if liked.

Shape into small, round, flat cakes. Then heat a frying pan very hot, rub it over with a piece of fat, put in the cakes, and let them cook about four minutes, turning every ten seconds at first, and then letting them brown on each side.

Pan-broiled Chops.

Wipe and trim the chops and cook like meat cakes.

Pot Roast.

Sprinkle a solid four or five pound piece of beef, from the rump, bottom round, or shoulder, with salt, rub over with flour, and sear the surface by placing the meat in a hot frying pan with a little fat and turning till browned. Then put in a kettle with one cup boiling water, cover closely to keep in the steam, place back on the stove and cook slowly for several hours till meat is tender. As the water cooks away, add barely enough more to keep the meat from burning. After taking up the meat, add more hot water, thicken with flour mixed with a little cold water and season with salt and pepper, for gravy. All tough meats require a long, slow cooking.

Rolled Flank of Beef.

Remove skin and extra fat from three pounds of flank. Make a stuffing with 1 cup crumbs, 2 tbsp. chopped salt pork, or a little melted butter, ½ tsp.

salt, 1 tsp. sage and a little pepper, mixed with enough milk or water to moisten. Spread it over the meat, roll up, tying or sewing it to keep in the stuffing, and cook like the pot roast, using more water.

Toad in the Hole.

1 lb. round steak. 1 c. flour.
1 pt. milk. 1 egg.
1 tsp. salt.

Cut the steak into one-half inch dice, put into a two quart pudding dish, and sprinkle well with salt and pepper. Beat egg till very light, add salt and milk and pour gradually upon the flour, pressing out all the lumps. Beat with an egg beater, till mixture is very light and smooth, and then pour it over the meat. Bake in a slow oven from an hour to an hour and a half. Mutton, lamb or small slices of bacon rolled, may be used in place of beef.

Meat Pie.

2 lbs. bottom round of beef.
4 tbsp. flour. 2 c. boiling water.
1 tsp. salt. ⅛ tsp. pepper.

Wipe meat, cut it in one-inch pieces and arrange in layers in a pudding dish, sprinkling each layer with some of the flour mixed with the salt and pepper. Add the boiling water, cover closely, with

an old plate, and cook slowly in the oven for three hours, or till the meat is tender, but not cooked to pieces. If water boils away, add more. Remove from the oven and make a crust of baking powder biscuit dough, using:

2 c. flour. 1 tsp. salt.
3½ tsp. baking powder. 3 tbsp. butter or lard.
Milk to moisten, (about ¾ cup).

Take out the dough on a floured board, roll out one-half inch thick, cut hole in the center and put crust loosely over the top of the meat, having the edge fit closely to the inside of the dish. Put back in a hot oven and bake about twenty minutes till crust is nicely browned.

Any remnants of cold cooked meat may be cut up small, seasoned with salt and pepper, well moistened with gravy, covered with a crust and baked in this way. Remains of a stew may also be used.

Beef Roll.

1½ lbs. raw beef from bottom round or shoulder.
1 tsp. salt. Few drops onion juice.
½ c. stale bread crumbs. 1 beaten egg.
Shake of pepper. Water if needed to moisten.

Have meat finely chopped, and mix it with other ingredients. Shape into a roll or loaf put into a baking pan and bake thirty minutes. Baste every few minutes with a little butter melted in hot water.

Serve with tomato sauce or brown gravy. If to be served with gravy, the meat may be seasoned with a little sage if liked.

Tomato Sauce.

1 half can strained tomato or 1½ c. stewed fresh tomatoes.
2 tbsp. butter.
1 tbsp. chopped onion.
2½ tbsp. flour.
½ tsp. salt.
⅛ tsp. pepper.

Melt butter in a saucepan and cook in it the chopped onion till onion is golden brown, then stir in flour mixed with salt and pepper, stir till smooth, remove from the fire and when cool add cold strained tomato. Put back over the fire and stir till the mixture thickens and boils.

Stewed Beef Liver.

Cut one pound of liver into one-inch blocks, pour boiling water over it, let stand three or four minutes, drain, put in a saucepan with a slice of onion, 1 tsp. salt, ⅛ tsp. pepper, 1 tbsp. catsup and 1 quart boiling water. Cover closely, and cook slowly till liver is tender. Then melt 2 tbsp. butter in another saucepan and cook in it 2½ tbsp. flour, till flour and butter are browned, add gradually the gravy from the liver, stirring constantly till thick and smooth. Take liver into a hot dish and pour the browned gravy over it.

Beef Stew With Dumplings.

2 lbs. upper part of shin with the bone
3 pts. boiling water. 3 potatoes.
1 small turnip. ½ tbsp. salt.
1 small carrot. ⅛ tsp. pepper.
1 small onion. ½ bay leaf.
⅓ c. flour for thickening.

Have meat cut in one and a half inch pieces, wipe meat and bone with a damp cloth, and sprinkle meat with a little salt and flour. Put some of the fat in a hot frying pan and when tried out, add meat, turning often, till well browned. Then put in a kettle with the bones and seasonings, add boiling water, rinsing out frying pan with some of it, that none of the goodness of the meat be wasted. Let meat boil for five minutes; then set back on stove where water will just bubble and cook slowly for two hours. Then add onion, carrot and turnip which have been peeled, scraped or pared, and cut in one-half-inch cubes and cook for another hour. About twenty minutes before serving time add potatoes which have been washed, pared, cut in thick slices and soaked for half an hour in cold water. Twelve minutes before stew is done put in dumplings on a greased perforated tin pie plate, or in a steamer, cover closely, and do not lift the cover until time is up. A little hot strained tomato may be added. Add thickening after taking up dumplings, meat and vegetables.

Dumplings.

1 pt. flour.
3½ tsp. baking powder.
1 tsp. salt.
1 tbsp. shortening.
Milk (about ¾ c.) for a soft dough.
Mix and roll out like biscuit.

Boiled Ham.

Select a medium sized ham, soak over night in cold water, clean and wipe; cover with cold water, bring to boiling point, and then simmer until tender, allowing 30 ms. to a lb. Cool in water in which it was cooked. Take off the skin, sprinkle with sugar and cover with buttered cracker crumbs. Bake to brown the crumbs. Decorate with cloves and parsley and serve hot or cold.

Dried Beef Creamed.

Put one-half pound of thinly shaved dried beef into a frying pan, cover with cold water, set back on the stove and let stand for five or ten minutes, not allowing water to become more than lukewarm. Drain off every drop of water, add one and a half cups cold milk, and while milk is heating, gradually

sprinkle in two and a half tablespoons flour, stirring most of the time, till perfectly smooth. Boil up once; add 1 tablespoon butter, season with pepper and a little salt, if salt is needed, and serve hot. If desired, an egg may be slightly beaten and added just before taking from the fire. The thickening may first be mixed with a little cold milk as in creamed codfish.

Tripe.

Wipe tripe, roll in flour, and cook in a hot frying pan in a little melted butter or salt pork fat, till tripe is browned delicately on each side. Place on a hot platter, spread with a very little butter and sprinkle with salt and pepper.

Corned Beef and Cabbage.

Wash, and if very salt, soak in cold water for an hour, a piece of corned beef weighing five or six pounds. Put in a kettle with cold water to cover, place on the stove, heat slowly, skimming off scum as it rises to the top of the water. Cook meat slowly for three or four hours, or till very tender. Take out the meat, and in the liquor cook a cabbage which has been prepared according to directions given in chapter on vegetables; also some potatoes that have been washed and pared. If beets are to be used, cook them in boiling water in a kettle by themselves. When cabbage and potatoes are tender take out with a skimmer and serve with the meat. Save

the liquor, cover, and use the fat that rises to the top in warming up hash. Any fat not used in cooking, should be saved for soap-making.

Irish Stew.

Take off all the skin and fat from three pounds neck of mutton, as they give a strong, disagreeable flavor to the stew if left on. Cut meat in small pieces, cover meat and bones with boiling water, and cook slowly for two or three hours, adding vegetables, steaming dumplings, seasoning and thickening the gravy, as for beef stew.

Boiled Mutton.

Take off skin and fat from a neck of mutton, cover well with boiling water, let boil for five minutes; then cook slowly on the back of stove, till meat is tender, allowing about fifteen minutes to the pound. Take meat out on a hot dish and thicken one pint of the liquor in which meat was cooked for a sauce. Add ½ tsp. salt, ½ tsp. pepper, 2 tbsp. vinegar and 1 tbsp. finely chopped parsley or a few capers. Save the rest of the liquor for another meal, add the bones, and any left over scraps of meat, cook for another hour or two, strain, and, when cold, take off the fat. When ready to use, add some well washed barley, allowing ½ cup barley, for three pints mutton liquor. Cook till barley is tender, season with salt and pepper, and serve hot.

Stuffed Shoulder of Mutton.

Have the butcher bone a four-pound shoulder of mutton, and take home the bones with the meat. Wipe the meat with a damp cloth, and make a stuffing with 1½ c. stale bread crumbs, ¾ tsp. salt, 1 tsp. ground sage or poultry seasoning, ⅛ tsp. pepper, 1 tbsp. melted butter, and enough milk or water (about ½ c.) to moisten. Mix well, spread on the inside of the meat, roll up, tie or fasten with wooden skewers, sprinkle with salt and flour, place in a baking pan, pour one c. hot water around the meat and cook in a moderate, not a hot oven about two hours, basting often with the water in the pan. As the water cooks away more may be added. Make a gravy as for roast beef. Use the bones for making broth.

Roast Veal.

A good piece of veal for roasting is the leg, which should be boned at market, the bones being taken home to be used in soups or broths. A stuffing may be made as for shoulder of mutton, and the meat sewed or tied into a round shape. Sprinkle meat with salt and flour, and place in a dripping pan with some small strips of fat salt pork, underneath and on top. Bake in a moderate oven, basting every fifteen minutes with some of the fat as it tries out. Veal should be thoroughly cooked. In roasting, allow nearly half an hour to the pound. After tak-

ing up the meat add boiling water to the pan and make a thickened gravy as for other roasts.

Veal Pot Pie or Veal Stew.

2 lbs. neck or knuckle of veal, (lower part of leg).
2 small onions.
½ tbsp. salt.
¼ tsp. pepper.
4 potatoes.
3 pts. boiling water.

Have meat cut in small pieces, and brown a part of it in a frying pan in a little pork fat or beef dripping. Put meat, bones and seasoning in a kettle or large stewpan with the boiling water and cook like beef stew. Prepare the vegetables and dumplings, and cook them as in other stews. Thicken the gravy after taking up the meat and vegetables.

Bacon.

Have bacon cut very thin, cut off the rind, and cook in a hot frying pan till dry and crisp. Serve alone or with liver, that has been cooked in some of the fat left in the pan after cooking the bacon. Prepare the liver by cutting it into one-fourth-inch slices, pouring boiling water over it, and letting it stand for four or five minutes. Then drain, season with salt and pepper, and cook in the hot bacon fat, turning often, till brown. The heat should not be as great as for cooking the bacon. Put the liver in the center of the platter and the bacon around the edge. All bacon fat should be saved to use in warming over dishes.

Roast Pork.

The loin, sometimes called chine, and the ribs are the best pieces for roasting. Rub meat over with salt, sage and flour; place in a dripping pan and roast like other meats, basting often. The oven should not be as hot as for most other meats. Allow about twenty-five minutes to the pound. Make a gravy as for other roasts.

Pork Chops.

Wipe the chops and cook them in a hot frying pan. Cook rather slowly after they commence to brown, being careful not to burn them. Sprinkle with salt and pepper, and serve.

Fried Salt Pork and Apple.

Cut pork in thin slices, pour boiling water over it and scrape the rind thoroughly, to cleanse it. Drain and fry in a frying pan till crisp. After taking up pork, pour off most of the fat, and in the remaining fat cook some tart apples, that have been pared, cored and cut in slices, adding a very little hot water while cooking. Serve with the pork.

Broiled Ham.

Have ham cut in thin slices, freshen by allowing it to stand in cold water for an hour or more. Drain

dry, and broil in a broiler for four or five minutes. Serve with, or without poached eggs.

Fried Ham.

Freshen ham as for broiling, take off the rind, cut gashes through the fat and cook in a hot frying pan till fat is crisp. Too much cooking renders the ham tough and dry.

Drippings.

All pieces of fat from beef or pork should be saved to use in preparing drippings, which can be used many times in place of butter. Mutton fat should be saved for making soap.

Cut into one-half inch pieces and put in a kettle or thick saucepan with cold water to cover. Cook slowly on the back of the stove for several hours. Stir from the bottom occasionally to keep fat from sticking. When the water has boiled away and the scraps are brown, let cool a few minutes, strain, and when quite cold cover the drippings closely, and they will keep for weeks. Use for shortening breakfast cakes, for warming over potatoes and meat, and for greasing pans.

Minced Meat on Toast.

Remove skin and gristle, chop the meat and put in a frying pan with enough thickened gravy to

moisten. Heat quickly, season to taste with salt and pepper, and pour it over slices of hot toast.

Scalloped Meat.

Cut remnants of cold cooked meat into small, thin slices, and place in layers in a greased pudding dish, sprinkling each layer with salt and pepper, and covering it well with gravy. Moisten stale bread crumbs with melted butter (allowing 2 tbsp. butter to a cup of crumbs), and spread lightly over the top. Bake in a hot oven till crumbs are brown. Strained tomato may be seasoned with salt and pepper and used in place of gravy.

Meat Balls.

1 c. chopped meat. Salt and pepper to taste.
½ c. bread crumbs. 2 tsp. butter or beef dripping.
Gravy or beaten egg to moisten.

Mix meat, bread crumbs, and gravy or beaten egg, add salt and pepper, and form the mixture into round balls. Place in a shallow baking pan, put a little of the butter or dripping on each meat ball, and bake on the top grate of the oven till nicely browned. Arrange on a hot platter, and pour around the balls a tomato sauce or warmed over gravy.

Hash.

1 c. cooked chopped meat.
2 c. cold mashed or chopped potato.
1 tsp. salt. ⅛ tsp. pepper.
¼ c. hot water. 2 tbsp. butter or dripping.

Mix potato, meat and seasoning; melt butter in a frying pan, put in the hash, add hot water and place the frying pan on the stove, where the hash will slowly brown underneath. Fold over, then turn out on a hot platter.

Corned Beef Hash.

Add ¼ as much chopped, cooked beets, as potato, to meat and use less salt than in the above recipe.

Cottage Pie.

1 c. chopped meat. ¾ tsp. salt.
⅔ c. gravy or hot water. ⅛ tsp. pepper.
Salt and pepper to taste. 1 tbsp. butter.
2 c. hot mashed potato. ⅓ c. hot milk.
1 beaten egg.

Mix meat with gravy, add salt and pepper to taste, and put in bottom of a greased pudding dish. Mix

the mashed potato with the salt, pepper, butter, hot milk and beaten egg. Beat all well together and spread over the meat. Bake on top grate of the oven till potato is golden brown. The egg may be omitted.

Smothered Beef.

Cut round steak into inch cube pieces and put in earthen crock or covered bean pot. Bake in oven about 40 ms. When taken from oven season with salt and pepper and bits of butter.

American Chop Suey.

1 cup boiled rice	1 large can tomatoes
1 cup cooked spaghetti	butter size of walnut
1½ lbs. chopped meat	2 onions
salt	pepper

Heat rice, spaghetti and tomatoes together. Brown onions in spider with butter; add meat, pepper and salt. When partially cooked add to rice mixture and heat through, either in oven or on top of stove. A chopped green pepper may be browned with the onion if desired.

CHAPTER VII.

POULTRY.

Poultry, that is, chicken, fowl, turkey, duck and goose, is a strength-giving, muscle-making food. It is less nutritious, and more expensive, than the cheaper cuts of beef and mutton. Chicken, particularly the white part, is more readily digested than other meat. Chicken and fowl are good throughout the year, and turkey during the winter months. In selecting poultry examine flesh, skin, feet and legs. A chicken has soft feet; smooth, moist skin, and plump breast; the end of the breast bone being soft and pliable. Pin feathers indicate a young bird, and long hairs, an old one. In fowl, the feet are hard and dry, and have coarse scales; the end of the breast bone is also hard. A good turkey has smooth, dark legs, full, soft breast, and white, plump flesh. In buying poultry always have it drawn (that is, the intestines taken out, at the market), and have fowl, which is to be used for a stew or fricassee, cut up. When preparing poultry for cooking, be careful to clean most thoroughly. For a stew, remove all pin feathers and hairs, and wash each piece separately, getting rid of all the clotted blood around the heart, and cutting off any part of the liver which has a greenish color. In case the gizzard was not pre-

pared at the market, cut off the fat around the outside, and cut through the thick part, as far as the lining, and take out this lining whole, with its contents, and throw it away. Thoroughly wash the outside, to cook with the rest of the fowl.

In preparing chicken, fowl, or turkey for roasting, pull out pin feathers, then singe, by holding the bird over a flame from burning paper, changing position till all parts have been reached. Insert the fingers at the opening made, when the intestines were taken out, and remove everything left inside. Put first two fingers under the skin close to the neck and take out wind pipe, also the crop, which will be found close to the breast. In case the crop cannot easily be reached in this way, cut a small opening above the breast, through which to take it out. Push back the skin from the neck and cut off neck close to the body, leaving skin to fold over on the back, saving neck to cook with the giblets.

Cut out the oil bag in the tail. Cleanse the bird by holding it under the cold water faucet, and allowing the water to run through, till perfectly clean; then wipe out the inside with a clean cloth. Unless the inside is thoroughly cleansed, the stuffing, as well as the meat, will have a bitter, disagreeable taste.

Roast Chicken.

After preparing the chicken according to directions, make a stuffing with 1½ cups bread crumbs mixed with 3 tbsp. butter melted, ⅔ cup milk, and

salt, pepper and sage, or poultry seasoning, to taste. Fat salt pork may be finely chopped and used in place of butter. Put stuffing in by spoonfuls, both at the neck end and in the body, using enough to make the chicken plump. Sew up with fine twine, taking stitches deep enough to prevent the skin from bursting. Cross the legs over the tail, and tie firmly together. Fold neck skin over on the back. Draw the thighs close to the body, pass a twine tightly around body over thighs and wings, and tie. Rub over with salt, sprinkle well with flour and place the chicken on its side in a dripping pan, with a rack or some wooden skewers underneath. Put in a hot oven, and baste often with a little melted butter and hot water. When the flour has browned a little, the heat of the oven may be reduced.

After the chicken has become nicely browned on one side, turn and brown the other side, basting as before. If the chicken browns too fast, lay a clean cloth that has been wrung out of salted water, or a piece of greased paper over it. A three pound chicken will cook in about an hour and a quarter. It should cook till the joints will separate easily. Wash neck and giblets (that is, gizzard, heart and liver), cover with cold water, cook till tender, discard neck, and chop and use giblets in the gravy. When the chicken is done, take out on a hot platter, and remove strings. If much fat is left in the pan, pour off a part, and to the remainder add the liquid in which giblets were cooked; thicken with flour that has been smoothly mixed with cold water; cook thoroughly, stirring all the time; add chopped gib-

lets, and season to taste with salt and pepper and serve for gravy.

Roast Turkey.

Prepare and roast like the chicken, using double or more the quantity of stuffing. Allow about three hours for a ten pound turkey. Use plenty of hot water and melted butter in basting, and keep the turkey covered over with the wet cloth or greased paper, after it has browned, so that it will not be too dry.

Chicken or Turkey Soup.

Put all the bones and scraps, left from roast chicken or turkey, into a kettle or stewpan, cover well with cold water, add a small onion, sliced, and cook slowly two or three hours. Strain, and when cold, take off the fat. When ready to use, put on to boil again, add some well washed rice, allowing one-half cup to two quarts of soup. Season to taste with salt and pepper, and cook till rice is tender. Serve hot.

Fowl Stew or Fricassee.

Have fowl cut up, clean thoroughly according to directions, previously given, put in a kettle, cover with boiling water and cook clowly for two or three hours, or till tender. Add salt to the water after the fowl is half done. Place on slices of toast on a

hot platter. Skim off fat from the liquor, in the kettle and thicken with flour smoothly mixed with cold water, adding more salt, if needed, and a little pepper. Pour a part of the gravy over the pieces of fowl, and serve the rest from a gravy dish. A pint of hot milk may be added to gravy before thickening, if liked. The flavor of the fricassee may be improved by sprinkling the pieces of cooked fowl with salt, rolling in flour and delicately browning in a little hot pork fat, before serving.

Creamed Chicken and Peas.

3 tbsp. flour.
3 tbsp. butter.
1½ pt. milk (or chicken stock).
Salt and pepper to taste.
1½ c. cooked fowl, cut in small pieces.
1 c. cooked and drained peas.

Make white sauce of flour, butter, salt, pepper and milk. Add chicken and peas. Serve on hot buttered toast or patty shells.

CHAPTER VIII.

FISH.

Fish, being cheap and plentiful, forms a valuable substitute for meat, though it contains less nourishment. It is, as a rule, more easily digested than meat.

Fish is either white, or oily and red blooded.

The white fish has the oil confined to the liver. The oily fish has the oil distributed throughout the body, making the flesh dark colored. Familiar examples are salmon, bluefish and mackerel.

Fish should never be eaten except when perfectly fresh, as otherwise it is harmful and sometimes positively poisonous.

On account of its strong odor it should never be put in the ice box with other food, unless closely covered.

It should always be thoroughly cooked. The best methods of cooking are baking or broiling, though rich fish like salmon may be boiled.

In selecting fish examine the flesh and see that it is firm, and that the eyes are bright and full, and the gills red.

Broiled Fish.

Clean and wipe the fish as dry as possible, sprinkle with salt and pepper, place in a well greased broiler

and broil for about 15 minutes. Slices of fish should be turned often, but whole fish should have the flesh side broiled first and then be turned for the skin side to broil just long enough to become brown and crisp.

Baked Fish.

Clean and wipe three pounds cod or haddock, cut four gashes on each side, stuff, sew, rub over with salt and flour, tie fish in shape, place upright on narrow strips of cloth in a dripping pan, put strips of fat salt pork in gashes, and bake in a hot oven from thirty-five to forty-five minutes, basting often with a little butter melted in hot water. In oily fish, like mackerel or blue fish, no pork will be needed. Serve fish with drawn butter or Hollandaise sauce. To remove the fish from the pan lift it by the strips of cloth and place on a hot platter. Take out strips of cloth, pork and strings. To carve the fish cut along the entire length of the backbone, then cut down at right angles with it, drawing the fish away from the bone. Raise bone to reach the stuffing. The skeleton should be left whole on the platter.

Stuffing for Fish.

1 c. bread crumbs.
1 tbsp. melted butter.
1 tbsp. chopped parsley.
½ tsp. salt.
⅛ tsp. pepper.
¼ c. milk or water.

Mix ingredients well together.

The stuffing may be moistened with water instead of milk and two tsp. chopped pickles or capers be added if desired.

Drawn Butter Sauce.

2 tbsp. butter.
2½ tbsp. flour.
⅛ tsp. pepper.
¼ tsp. salt.
1 c. cold water.

Melt butter, add flour, salt and pepper, stir till smooth, remove from fire; when cool add cold water, mix well, put back over the fire and stir constantly till the sauce thickens and boils. A hard boiled egg may be chopped or cut in slices and added to the sauce before serving, or 2 tbsp. chopped parsley, or a few capers may be added, if liked.

Hollandaise Sauce.

3 tbsp. butter.
Yolks 2 eggs.
Juice ½ lemon.
¼ tsp. salt.
Few grains cayenne.
½ c. boiling water.

Rub butter to a cream, add egg yolks, one at a time, and beat well, then add lemon juice, salt and cayenne. About five minutes before serving, add the boiling water and cook over hot water till the sauce thickens like boiled custard, stirring all the time. If cooked too much the mixture will curdle.

Baked Mackerel.

Have the fish split and head and tail taken off. Clean and put fish in a greased baking pan, sprinkle with salt and pepper and dot over with butter, using ½ tbsp. for a medium-sized fish. Pour over one cup milk and bake in a hot oven from twenty-five to thirty-five minutes. Place on a hot platter and pour the milk from the pan around the fish for sauce.

Fish Chowder.

2 lbs. haddock or cod.	3 pts. cold water.
Slice of pork.	1 pt. hot milk.
½ onion.	6 crackers.
4 potatoes.	1½ tsp. salt.

Pepper to taste.

Have head, skin and bones removed from fish at market, and take them home with the fish. Cut the fish in one-inch pieces. Put head, skin and bones in a kettle with the cold water, allow them to come slowly to the boiling point, and then simmer for ½ hour. Strain this water and return it to the kettle, throwing away head, bones and skin. Cut the pork in small pieces, put in a frying pan and fry till brown with the onion cut small. Strain the fat into the kettle, add potatoes which have been pared, washed and cut in one-fourth-inch slices, and the fish. Cook till potatoes are soft. Do not break the fish by stirring. Add hot milk, salt and pepper. Put the

crackers in a soup dish and soften them with a little cold milk, before pouring on the hot chowder. Serve at once.

Boiled Fish.

Clean the fish, tie up in a piece of cloth, put in boiling salted water, to which has been added a little vinegar or lemon juice, and cook slowly till flesh leaves the bone, which will require from ten to fifteen minutes per pound, thick pieces requiring a longer time than thin ones. Drain, take off the skin, place fish on a hot platter and serve with drawn butter or Hollandaise sauce.

Fried Fish.

Oily fish like salmon, mackerel or bluefish should never be fried. Cod should be cleaned, skinned, boned and cut in small slices one inch in thickness. Sprinkle with salt and pepper, dip in cornmeal and fry in a frying pan in hot salt pork fat till fish is nicely browned on each side. In turning the fish be careful not to break it.

Salt Fish.

During the process of drying and salting fish, its weight is reduced more than one-half. For this reason salt fish is cheaper and more nutritious, pound for pound, than fresh. As it may be made into a variety of palatable and attractive dishes, it should be more largely used than it is.

Ways of Cooking.

Creamed Codfish.

Wash and shred the fish in small pieces, being careful to throw away all bones. Put the fish in a frying pan, cover with cold water and let stand on the back of the stove till fish is softened, not allowing water to boil. Drain off the water, put back on the stove, and when fish is dry cover with cold milk, allowing two cups of milk to one cup of fish. Heat slowly to the boiling point and thicken with flour that has been mixed with a little cold milk. Cook for five minutes, stirring all the time. Add 1 tbsp. butter, and salt and pepper to taste. The butter may be omitted.

Broiled Codfish.

Cut the fish in long strips, soak in cold water a few minutes, drain, place in a greased broiler and broil till brown on one side, then turn and brown the other side.

Codfish Balls.

1 c. codfish.	1 tsp. butter.
2 c. potato.	⅛ tsp. pepper.
1 egg.	Salt if needed.

Wash the fish in cold water and pick, or cut it in very small pieces. Wash, pare and cut potatoes in

small pieces and cook them in boiling water with the fish. When potatoes are soft, drain off every drop of water, mash thoroughly in kettle or saucepan in which they were cooked, add butter, beaten egg and pepper. Beat with a fork till very light. Shape into balls, sprinkle with flour and fry in a frying pan in a little, very hot fat till cakes are brown on both sides. Drain on brown paper.

Fish Hash.

Prepare as for fish balls, omitting egg, put in a frying pan with a little hot pork fat, stir till heated, and then cook slowly till brown underneath. Turn out on a hot platter and serve.

Baked Codfish Hash.

1 c. salt codfish. 2 eggs.
2 heaping c. raw potatoes that have been pared and cut in inch blocks. 2 tbsp. melted butter.
Milk to make very moist (about ¾ c.)
Salt and pepper to taste.

Wash fish, cut in small pieces and put in a kettle with the cut up potato, add boiling water to cover, and cook till potato is soft. Drain, mash, add butter, egg, well beaten, milk and seasoning. Beat till very light and then bake in a greased pudding dish for twenty or twenty-five minutes till browned delicately. Any left over fish may be mixed with mashed potato and used in the same way.

Salt Codfish Chowder.

½ lb. salt codfish.	5 small potatoes.
3 pts. water.	3 c. hot milk.
1 small onion sliced.	6 Uneeda biscuit.
⅛ lb. fat salt pork.	1 tbsp. butter.
Salt if needed.	¼ tsp. pepper.

Wash fish and soak in cold water for one or two hours. Pour off water, shred fish in long strips and cut strips in one-inch pieces, throwing away all bones. Put fish in a kettle with the water. Cut pork in small slices and fry in a frying pan with the sliced onion. When the pork is crisp and dry, strain the fat into the fish kettle. Cook fish slowly for half an hour or till it is somewhat softened, then add the potatoes which have been washed, pared and cut in thick slices. When potatoes are tender, add hot milk, butter and pepper. A few minutes before serving, put crackers in the soup dish and pour a little cold milk over them that they may become softened. Then add the hot chowder, and serve at once.

Finnan Haddie.

Wash and skin the fish, put in a large frying or dripping pan, cover with cold water and place on the stove. Cook gently for nearly half an hour, or till flesh will separate from the bones. Take out on a

hot platter, spread thinly with butter, sprinkle with a very little pepper and serve hot.

Baked Finnan Haddie.

Place fish in a baking pan, surround with cold water and cook slowly for twenty-five minutes on the top of the stove. Pour off water, spread fish with butter and bake in the oven for twenty-five minutes more.

Smoked Herring.

Put herring in a large bowl and cover with boiling water for ten minutes. Drain, skin and broil for about eight minutes, or place in a baking pan and cook in the oven for ten or twelve minutes. Spread with a very little butter and serve hot.

Baked Salt Mackerel.

Wash mackerel and soak in cold water over night. In the morning drain, place, skin downwards, in a baking pan and pour over it a pint of milk. Bake in a moderate oven for twenty-five or thirty minutes. At the end of fifteen or twenty minutes thicken the milk with 1½ tbsp. flour that has been rubbed till smooth with 1½ tbsp. butter and ⅛ tsp. pepper. Serve on a hot platter with the thickened milk poured around the fish for a sauce.

Ways of Using Left Over Cooked Fish.

Fish Hash.

Mix equal parts of flaked fish and cold chopped or mashed potato, season to taste with salt and pepper; cook in a frying pan containing enough hot salt pork fat to moisten hash. Stir occasionally till heated through and then let the hash brown underneath. Turn into a hot dish and serve.

Fish Cakes.

Use same mixture as for the hash, form into small, round, flat cakes and fry in a frying pan in a small quantity of bubbling hot fat till cakes are golden brown underneath, then turn and brown the other side.

Creamed Fish.

Flake fish, season with salt and pepper, put in a frying pan, cover with milk and when milk reaches boiling point, thicken as in creamed salt fish, using 3½ tbsp. flour to a pint of milk. Add a small piece of butter, with salt and pepper to taste.

Scalloped Fish.

After carefully freeing fish from skin and bones, flake into small pieces and place in layers in a greased pudding dish, sprinkling each layer with salt

and pepper, and covering with a white sauce, made in either of the three ways given in making milk toast, using a cup of sauce for one and a half cups fish. Cover the top with bread crumbs that have been moistened with a little melted butter (2 tbsp. butter to one cup crumbs.) Bake on the top shelf of the oven till crumbs are brown.

Fish Salad.

Remove skin and bones from any cold cooked fish, cut in small pieces and mix with salad dressing, (see potato salad) and serve on lettuce leaves. Or free canned salmon from skin, bones and oil, mix with salad dressing and serve in the same way. The poorer leaves may be chopped and mixed with the fish.

Salmon Box.

Line a buttered mould with steamed rice. Fill center with cold cooked salmon seasoned and flaked fine. Steam 1 hour and unmold on platter. Pour egg sauce around it.

Egg Sauce.

To 1 pint of white sauce add 3 or 4 hard cooked eggs cut fine.

Codfish with Rice.

½ lb. shredded codfish.
1 c. boiled rice.
1 tbsp. flour.
1 tbsp. butter.
1 c. milk.
¼ tsp. salt.
Spk. pepper.
Yolks of 2 hard cooked eggs.

Have codfish shredded and soaked in cold water to freshen it. Drain and add to cooked rice and turn into buttered baking dish. Make a white sauce of flour, butter and seasoning. Add the cooked yolks, which have been rubbed through a sieve. Pour this over rice and fish and stand in oven until heated.

Codfish Soufflé.

½ c. milk.
1 c. bread crumbs.
Yolks of 2 eggs.
¼ tsp. salt.
¼ tsp. pepper.
1 c. shredded and freshened codfish.
2 stiffly beaten whites of eggs.

Heat crumbs in milk, add yolks of eggs, seasonings and fish. When well mixed stir in carefully the well beaten whites; put quickly into a buttered baking dish and bake in a quick oven until puffed up and brown. Serve at once.

CHAPTER IX.

SHELLFISH.

Oysters.

Oysters are more largely used than any of the shellfish and though they give a pleasing variety, they are an expensive food. One quart of oysters has about the same nutritive value as a quart of milk, or three-fourths of a pound of round of beef.

Oysters are in season from September to May. In buying, select those that are plump and free from green spots. If possible, remain at the market and see them taken from the shells. To clean oysters pour cold water over them, allowing ½ cup water to a quart of oysters, lifting each oyster separately by its round, tough muscle, and rinsing it in the liquor. Strain the liquor through a fine strainer and save to use in cooking oysters.

Oyster Stew.

1 qt. oysters.
1 qt. hot scalded milk.
3 tbsp. butter.
¼ tsp. pepper.
½ tbsp. salt.

Clean oysters according to directions. Put strained oyster liquor into a stewpan or kettle, heat to the boiling point, and if scum rises skim it off;

add oysters and cook till they are plump and the edges curl. Add hot milk, butter, salt and pepper. Serve at once with small crackers. If oysters are cooked too much they will be tough.

Fancy Roast.

Clean and drain oysters, put them in a saucepan without water, and cook till they are plump and edges curl, stirring or shaking the pan slightly while cooking. Season with salt and pepper and serve on slices of toast.

Scalloped Oysters.

1 pt. oysters.
½ c. oyster liquor.
½ c. milk.
Salt and pepper.
1½ c. bread crumbs.
2 tbsp. butter, melted.

Clean and drain oysters, strain the liquor needed, mix crumbs with melted butter and put a thin layer in bottom of a greased baking dish; cover with oysters, sprinkle well with salt and pepper and pour over one-half of the strained oyster liquor and milk. Then sprinkle with another thin layer of crumbs, add another layer of oysters, sprinkle with salt and pepper, cover with remaining oyster liquor and milk. Lastly cover the top with remaining crumbs. Bake in rather a hot oven, from twenty-five to thirty minutes, till crumbs are browned delicately.

Clam Chowder.

1 qt. clams.
5 potatoes, pared and sliced.
⅛ lb. salt pork.
1 onion.
3 c. boiling water.
¾ tbsp. salt.
⅛ tsp. pepper.
1 qt. hot milk.
8 crackers.

Clean the clams as you do oysters, straining and saving the liquor. Cut pork in small pieces and try out in a frying pan; peel, slice and cook the onion in the hot pork fat till nicely browned, and strain fat into the kettle in which the chowder is to be made. Add clam liquor, hot water, sliced potato and hard part of clams, first chopping the latter. When cooked till potatoes are nearly soft, add soft part of clams, the salt, pepper and butter. Cook five minutes more, add hot milk, and pour chowder into a soup dish over the crackers that have been softened in a little cold milk. Too much cooking hardens clams. If liked the chowder may be poured over 1 cup hot strained tomato and mixed with it before serving. Bacon fat may be used for browning the onion instead of using the salt pork.

Steamed Clams.

Buy clams in the shell, scrub thoroughly with a brush, changing the water several times. Put clams into a large kettle, add one-half cup hot water for

four quarts clams and cook till shells open. Take up with a skimmer and serve while hot with some of the liquor and a little melted butter, first straining liquor through cheese cloth. Strain and save the rest of the liquor, to reheat for broth, throwing away the settlings that will be found in the bottom of the dish.

CHAPTER X.

EGGS.

Eggs are largely used in preparing desserts, and as they are rich in muscle-making material, they are sometimes a useful substitute for meat, in the season when they are cheapest. They should be combined with some starchy food, such as potatoes, rice or bread.

Cooking eggs in boiling water renders them tough, and indigestible; for this reason the water in which they are cooked should be kept below the boiling point.

It is desirable always to use fresh eggs. To test the freshness of eggs place in a basin of cold water. If fresh they will sink to the bottom. When held to the light the center should be clear. When held to the ear and shaken no sound should be heard.

When eggs are brought from the market they should be washed and put in a cold place. The shells can be used for settling coffee.

Soft Boiled Eggs.

Carefully put the eggs, one at a time, into a saucepan of boiling water. Cover closely, and set back on the stove shelf for five or six minutes.

Hard Boiled Eggs.

Put eggs in saucepan of boiling water, cover, set back on the stove shelf and allow them to cook from 20 to 35 minutes.

Scrambled Eggs.

2 eggs. spk. pepper.
¼ tsp. salt. ¼ c. milk.

Beat eggs slightly, add salt, pepper and milk. Pour into a hot, buttered frying pan and cook quickly, stirring all the time till egg is firm but soft. Serve hot on slices of bread.

Omelet.

3 eggs. $\frac{1}{16}$ tsp. pepper.
¼ tsp. salt. 3 tbsp. milk or water.
½ tbsp. butter.

Separate yolks of eggs from whites, beat yolks till light colored and thick; add salt, pepper and milk or water. Beat the whites very stiff, and cut and fold them into the yolks. Butter the sides of a hot frying pan with the butter, and let it run down into the bottom of pan. Pour in the omelet mixture and cook slowly till the bottom is light brown. Put on the top grate of the oven to dry, but not brown the top. Fold over like a turnover and slip on to a hot platter.

Baked Omelet.

4 eggs. ¾ tsp. salt.
1 c. milk. ⅛ tsp. pepper.
1 tbsp. flour.

Mix flour, salt and pepper and cook with the milk till it thickens, stirring all the time, and add to the yolks of the eggs well beaten. Lastly cut and fold in the stiffly beaten whites. Bake in a shallow greased pudding dish on top grate in a moderate oven for twenty or twenty-five minutes.

Fried Eggs.

Heat a frying pan and put in three or four tablespoons ham, bacon or pork fat. Break eggs one at a time into a saucer and slip carefully into the hot fat. Cook till whites are firm. While the eggs are cooking dip some of the hot fat over them with a spoon.

Griddled Eggs.

Heat a griddle nearly as hot as for frying griddle cakes. Grease it slightly and carefully slip the eggs upon it. When they are slightly browned underneath, turn them over and brown them on the other side. Eggs will cook in this way in a minute and a half and are much more digestible than when fried.

Dropped or Poached Eggs.

Break the eggs carefully, one at a time, into a saucer and slip them into a frying pan of hot, salted water. Dip the hot water over the yolks with a spoon while cooking. When the whites are firm, and a film has formed over the yolks, take up the eggs with a skimmer, drain, trim off rough edges and serve on slices of toast. Season with salt.

Egg Salad.

Cut six hard boiled eggs in slices, arrange on lettuce leaves, and pour over them some salad dressing. See Potato Salad.

CHAPTER XI.

CHEESE.

Cheese is made from milk which has been changed to curds and whey by the action of rennet. The whey is drawn off, the curd salted and pressed into moulds and kept there till the curd hardens. Cheese is one of the most nutritious foods, and may be used as a substitute for meat. A pound of cheese contains as much muscle-making material as two pounds of meat. It is more easily digested when cooked than when raw. Cheese should always be eaten in combination with some starchy food.

Welsh Rarebit.

1 tsp. butter.
1½ tsp. flour.
¼ tsp salt.
¼ tsp. mustard.
Few grains cayenne.
¼ c. milk.
¾ c. grated cheese.
1 beaten egg.
4 slices toast or 6 Uneeda biscuit.

Melt butter in a saucepan, stir in flour mixed with the seasonings; when smooth remove from fire and when mixture has cooled slowly stir in the cold milk. Place back on the stove and stir constantly till mixture boils. Then place over hot water, add the cheese and cook till it melts, stirring all

the time. Add beaten egg and cook two or three minutes more, or till the mixture thickens. Spread over the toasted bread or biscuit and serve while hot. By using great care the rarebit may all be cooked on the stove without being placed over hot water. The mixture must not boil after the egg is added, but must cook slowly on back of the stove.

Cheesed Crackers.

Slightly butter Uneeda biscuit and spread thickly with grated cheese that has been mixed with a few grains of cayenne. Place, cheese side up, in a baking pan, and bake on the top grate of the oven till the cheese melts.

Cheese Fondu.

1 tbsp. butter.	¼ tsp. salt.
1 c. milk.	¼ tsp. mustard.
1 c. bread crumbs.	Few grains cayenne.
1 c. grated cheese.	2 well beaten eggs.

Melt butter, add remaining ingredients, except the eggs, cook over hot water till cheese melts, then add beaten eggs and cook two or three minutes longer. Serve hot; or mix the ingredients, pour into a greased pudding dish and bake for about twenty minutes, in a moderate oven, or until the fondue is puffed up and delicately browned.

Sour Milk or Cottage Cheese.

Put thick sour milk in a pan on the stove shelf and let it stand till the curd has separated from the whey. Then pour into a large piece of clean cheese cloth, tie up, drain, season to taste with salt and a little powdered sage, if desired, mix well and while quite moist form into balls. If the milk becomes too hot the curd is made hard and tough. In sultry weather and during a thunder shower milk often thickens and sours. At such times, this palatable and nutritious dish can be prepared from milk that might otherwise be thrown away.

CHAPTER XII.

BREAKFAST CAKES, BISCUITS, ETC.

General Rules for Making Breakfast Cakes and Other Quick Batters.

The oven should be heated before the cakes are ready to be baked, and the pans greased before the mixture is prepared. Flour must always be sifted before it is measured, then sifted again, together with the other dry ingredients. The eggs are next well beaten and added with the milk to the dry mixture. The shortening, which may be either butter, beef dripping or cottolene, is usually melted and added last. After ingredients are thoroughly mixed all should be well beaten, put into greased pans and baked at once. Iron pans must be heated as well as greased. These mixtures require a hot oven and should bake in twenty or twenty-five minutes. When cakes are brown and leave no trace on a straw when pierced by it, they are done.

Entire Wheat or Graham Muffins.

1 c. entire wheat or Graham flour.
1 c. white flour.
¼ c. sugar.
3½ tsp. baking powder.
1 tsp. salt.
1 egg.
1 c. milk.
1 tbsp. melted shortening.

Sift flour, sugar, baking powder and salt together. Beat egg till very light, add it with the milk to the dry mixture. Add melted shortening, mix and beat well; bake in well greased muffin or gem pans about 25 minutes.

Corn Muffins.

1 c. white flour.
½ c. yellow cornmeal.
3 tsp. baking powder.
1 tsp. salt.
¼ c. sugar.
1 egg.
1 c. milk.
2 tbsp. melted shortening.

Mix and bake like Graham muffins.

White Flour Muffins.

2¼ c. flour.
3½ tsp. baking powder.
1 tsp. salt.
3 tbsp. sugar.
1 egg.
1 c. milk.
2 tbsp. melted shortening.

Mix and bake like other muffins.

Cereal Muffins.

1½ c. flour.
3 tsp. baking powder.
1 tsp. salt.
3 tbsp. sugar.
1 c. cold, cooked cereal.
1 egg.
1 c. milk.
2 tbsp. melted shortening.

Sift dry ingredients together, cut in cereal with a knife, add egg, well beaten, milk and melted shortening. Then

stir in melted shortening. Beat well and bake in greased muffin or gem pans.

Corn Cake with Sour Milk or Buttermilk.

1 c. cornmeal.
½ c. flour.
⅓ c. sugar.
½ tsp. soda.
1 tsp. salt.
1 egg.
1 c. thick sour milk or buttermilk.

Mix dry ingredients, rubbing soda through a fine sifter. Add well beaten egg with the milk. Mix and beat well. Bake in a shallow greased pan.

Molasses Corn Cake.

1 c. yellow cornmeal.
¾ c. white flour.
3 tsp. baking powder.
¼ tsp. soda.
1 tsp. salt.
⅓ c. molasses.
¾ c. sweet milk.
1 egg.
1 tbsp. melted shortening.

Sift dry ingredients together, add well beaten egg with molasses and milk, mix and beat well; add melted shortening and bake like other corn cake.

Blueberry Cake or Muffins.

3 tbsp. butter.
½ c. sugar.
1 egg.
2¼ c. flour.
4 tsp. baking powder.
½ tsp. salt.
1 c. milk.
1 c. berries.

Mix like children's cake, reserving ¼ c. of the flour with which to roll the berries. Add floured berries last. Bake in a shallow pan or in muffin tins.

Griddle Cakes.

2 c. flour.
1 tsp salt.
3 tsp. baking powder.
1 tbsp. sugar.
1⅔ c. sweet milk.
1 egg.
1 tbsp. melted shortening.

Sift dry ingredients together, beat the egg, mix it with the milk and add it gradually to the dry mixture, keeping the batter free from lumps. Mix and beat well. Add melted shortening and drop by spoonfuls on a hot, greased griddle. When puffed up and full of bubbles on top, and brown underneath, turn and brown on the other side. Serve hot with butter and sugar or syrup. The griddle may be rubbed over with a slice of turnip instead of being greased.

Sour Milk Griddle Cakes.

2 c. flour.
1 tsp. soda.
1 egg.
1 tsp. salt.
2 c. thick sour milk or buttermilk.

Mix and fry like sweet milk griddle cakes. The egg may be omitted.

Cornmeal Griddle Cakes.

½ c. yellow cornmeal.
1½ c. boiling water.
1¼ c. milk.
1¾ c. flour.
3½ tsp. baking powder.
1½ tsp. salt.
3 tbsp. sugar.
1 egg.
1 tbsp. melted shortening.

Add meal slowly to the boiling water and cook for three or four minutes, stirring all the time. Turn into a mixing bowl and when slightly cool add milk, then flour which has been sifted with the baking powder, salt and sugar; add egg well beaten and melted shortening. Mix, beat well and fry on a hot griddle.

Doughs.

In making doughs, that is, mixtures stiff enough to be handled, the dry ingredients should be sifted and mixed together, and the shortening, which must always be cold, should be cut in with a knife, or rubbed in lightly with the tips of the fingers. The milk is then added gradually and the mixing done with a knife rather than with a spoon, as cutting the dough renders it less tough than stirring. These mixtures must be made as soft as they can be shaped, and must be handled as lightly and quickly as possible. They require a quick oven for baking. (See tests for the oven, Chapter I.) Tins need no greasing for these doughs, but should be floured slightly.

Baking Powder Biscuit.

2 c. flour. 3½ tsp. baking powder.
1 tsp. salt.
2 tbsp butter, dripping, lard or cottolene.
Enough milk, about ¾ c., to make a soft dough.

Sift dry ingredients together, cut in the shortening with a knife, add milk gradually, mixing with a knife. Put on a floured board, pat out lightly with a rolling pin till about three-fourths of an inch thick put in a floured baking pan, brush over with milk and bake in a hot oven from 12 to 15 minutes.

Short Cake.

Mix like the biscuit, using 3 tbsp. shortening instead of 2. Toss on a floured board, pat out three-fourths of an inch thick, put in a floured tin plate or shallow pan, and bake in a quick oven. When done, split, spread with butter and cover with strawberries or other fruit which has been slightly crushed and sweetened to taste. Put two halves together and spread more of the sweetened fruit on top. Serve hot.

Dutch Apple Cake.

2 c. flour. 3 tbsp. shortening.
3 tsp. baking powder. 1 egg.
1 tsp. salt. about ⅔ c. milk.
4 sour apples.

Mix like biscuit, adding the egg well beaten with the milk. Put on a floured board, roll out as thick as biscuit, and put in a floured shallow pan. Pare, quarter and core the apples, cut quarters into three or four slices, lengthwise, and press the sharp edges of apples into the dough, arranging them in parallel rows. Sprinkle the apple with sugar and bake till the cake is done and apples are soft. Serve hot, with lemon sauce. (See pudding sauces, Chapter XV.)

Muffins Without Eggs.

2 scant c. flour.
2 tbsp. sugar.
3 tsp. baking powder.
½ tsp. salt.
1 c. milk.
2 tbsp. melted butter.

Mix in order given and bake in moderate oven, increasing the heat.

Pop Overs.

1 c. flour.
1 c. milk.
1 egg.
¼ tsp. salt.

Mix all together and beat with Dover Egg Beater for 5 ms. Pour into hissing hot buttered iron or earthen gem cups and bake in a hot oven 30 to 35 ms.

CHAPTER XIII.

BREAD AND ROLLS.

Home-made bread, owing to the cheapness and plentifulness of bakers' food, has become a luxury, or altogether missing in many homes. This should not be the case, as good home-made bread is more nutritious, wholesome and digestible than much of that bought at the shops, and besides, actually costs but little, if any more, than bakers' bread. It can be readily seen that there is so much more substance to a home-made loaf that it must go farther than a bakers' loaf. With care and perseverance anyone can become a good bread-maker, as the process is not a difficult one.

General Rules for Bread Making.

For white bread, use the best new process flour, either Pillsbury's or Washburn & Crosby's. Good flour is never dead white in color, but has a yellowish or creamy tint.

If any milk is used for mixing it should first be scalded and cooled, as that renders the dough less liable to sour.

Be sure that the yeast is fresh. Fleischman's yeast cakes are considered the best by most people. A yeast cake is fresh when it has an even yellow

color throughout. Dark streaks indicate mould. Yeast must never be put in hot water or hot milk, or be allowed to freeze, as freezing or subjecting it to great heat kills the little yeast plants of which it is composed. Keep yeast wrapped in the tinfoil in a cold place till ready to use. In mixing bread the liquid should be first put into the pan or mixing bowl, the salt and sugar added and the yeast thoroughly dissolved and added next. Enough flour is then stirred in to make a dough just stiff enough to be easily kneaded. Too much flour makes the bread hard. In kneading the second time, merely flour the hands to prevent dough from sticking to them, and knead till holes and bubbles have disappeared. In winter the milk or liquid used in mixing should be lukewarm when yeast is added, and the dough raised in a warm part of the room. In very hot weather the liquid need not be lukewarm, though it should not be ice cold. Dough should always be kneaded or stirred down as soon as it has doubled in size, as too much rising causes dough to sour. It does not harm the dough to stir it down two or three times. After being shaped in loaves the bread should be allowed to double its bulk and then be baked in a moderately hot oven till the inside is thoroughly cooked and a rich brown crust formed outside. If the dough rises too much before it is baked the bread will be full of holes.

Bread should not, as a rule, be eaten for twenty-four hours or more after it is baked, as fresh bread is difficult to digest. Good bread is light, though fine-grained throughout, is not sticky and has no

yeasty or sour smell. When pressed between thumb and fingers the crumbs do not stick together. The crust is thin, crisp and brown. Bread should be kept covered in a clean tin box or earthen jar. Bread made occasionally of entire wheat or Graham flour gives a pleasing variety, and agrees with some people better than white bread. It is not usually made stiff enough to knead, as when kneaded the bread is apt to be hard and dry. The mixture should be of the consistency of a very thick batter and should be well stirred, beaten and raised, like white bread. Loaves should be put in the oven to bake before they have quite doubled in size.

White Bread.

(Three Medium Sized, or Four Small Loaves.)

1 pt. milk.	2 tbsp. sugar.
1 pt. water.	½ yeast cake.
1 tbsp. salt.	About 2½ qts. flour.

Scald the milk and put it in a large mixing bowl or pan, add water, salt and sugar. When cooled till lukewarm, take out a little in a cup to dissolve yeast. When yeast is dissolved add it. Then stir in flour with a strong spoon, using enough to make dough stiff enough to knead. Take out on a floured board, and knead till smooth. Put back in bowl, cover and let rise over night or for six or seven hours in a warm room, till dough has doubled its size. When well risen, knead lightly for about 15 minutes, shape

in loaves, or biscuit, put in greased pans, and let rise till dough has doubled in size. Bake loaves an hour, biscuit 15 or 20 minutes. When bread is done remove from tins, wrap in a clean towel, and when cold put away in a clean tin box, or jar, and cover closely. If not ready to knead the dough when it has risen, stir or cut it down, as otherwise the dough will sour. By using twice the quantity of yeast the bread may be raised and baked in four or five hours.

Water Bread.

1 qt. boiling water.
2 tbsp. dripping or lard.
2 tbsp. sugar.
1 tbsp. salt.
½ yeast cake.
About 3 qts. sifted flour.

Pour hot water into the mixing pan, add shortening, sugar and salt. When liquid has cooled, take out a little in a cup for dissolving the yeast. When yeast is thoroughly dissolved add it to the water in the pan. Stir in flour, mixing and kneading like the milk and water bread. Cover and let rise over night or till light. Knead well, shape in loaves and when raised bake.

Parker House Rolls.

1 pt. milk.
1 tbsp. butter.
3 tbsp. sugar.
1½ tsp. salt.
½ yeast cake.
Nearly 5 c. flour.

Scald milk, add butter, sugar and salt. When cooled till lukewarm, add the yeast dissolved in a little of the milk. Stir in the flour, take out on a board, knead till smooth, put back in mixing bowl, cover, and when well risen, knead, roll out till ⅓ inch in thickness, cut out with biscuit cutter, brush over with melted butter, fold over and place one inch apart in a greased baking pan. Cover and let rise till rolls double their size. Bake in a hot oven about fifteen or twenty minutes. A sponge may be made with the milk, butter, sugar, salt, yeast and three cups of the flour and allowed to rise till full of bubbles. Then add rest of the flour, knead, put back in bowl, and let rise again before shaping. The rolls will be lighter if made in this way.

Entire Wheat Bread No. 1.

(Three Small Loaves.)

1 pt. milk.
1 pt. water.
½ c. sugar.
1 tbsp. salt.
½ yeast cake.
5 c. entire wheat flour.
Enough white flour, about 2½ c., to make a thick batter.

If the mixture is too thin the bread will fall in the center and be full of large holes; if too *thick* the bread will be hard and dry. Mix like white bread, beating well with a spoon instead of kneading. When risen beat out all the bubbles,

pour into greased bread pans and when loaves have *nearly* doubled in size bake for at least one hour in rather a hot oven.

Entire Wheat Bread No. 2.

1 pt. milk.	½ yeast cake.
1 pt. water.	4 c. white flour.
1 tbsp. salt.	½ c. sugar.

¼ tsp. baking soda.

Enough entire wheat flour (about 5½ c.) to make the mixture as stiff as it can be stirred with a spoon.

Scald milk, pour into a mixing bowl or pan, add water, salt and sugar; when cooled till lukewarm add dissolved yeast cake and white flour. Beat well, cover and let rise over night or for six or seven hours in a warm room. Then add soda after thoroughly dissolving it in one tbsp. cold water, the sugar and the entire wheat flour, mixing thoroughly, and beating well. Put into greased bread pans, cover and let rise till loaves have nearly doubled in size and bake from an hour to an hour and a quarter.

Graham Bread No. 1.

Mix, let rise and bake like the entire wheat bread No. 2, substituting sifted Graham flour for entire wheat.

Graham Bread No. 2.

1 pt. milk. 1 tbsp. salt.
1 pt. water. ½ yeast cake.
½ c. molasses. 3 pts. Graham flour.
1 qt. white flour.

Scald milk, add water, molasses and salt. When mixture has cooled, add dissolved yeast cake, Graham flour and white flour, mixing very thoroughly. Let rise, beat well, put into greased pans and when risen bake. Loaves of entire wheat or Graham flour should not quite double in size before being baked, as they rise more in the oven than those made wholly of white flour.

Boston Brown Bread.

1 c. yellow cornmeal. 1½ tsp. soda.
1 c. rye flour. 1½ tsp. soda.
1 c. Graham flour. ¾ c. molasses.
2 c. thick sour milk or buttermilk, or
1¾ c. sweet milk or water.

Mix and sift dry ingredients, add molasses and milk, mix and beat well, pour into a well greased lard pail or baking powder tins, not filling them more than two-thirds full. Put on the covers, the inside of which should be greased, place pail or tins on a piece of iron or tin in a kettle, containing enough boiling water to come half way to the top of pail or

cans. Cover closely and steam three hours, adding more boiling water as it boils away. The water must not stop boiling. When done, remove cover, and set the pail on the top grate of the oven for fifteen or twenty minutes to dry off the top of loaf.

Steamed Brown Bread No. 2.

2 c. yellow cornmeal. 2 tsp. soda.
2 c. rye meal. 1½ tsp. salt.
¾ c. molasses.
2 c. thick sour milk or buttermilk.

Mix and steam like Boston brown bread. Graham flour may be used in place of rye meal, and sweet milk or water in place of sour milk, by using a little less soda and less milk or water.

Uses for Stale Bread.

All pieces of bread, however small, should be saved, slices to be used for toast, and pieces not suitable for toast to be made into bread puddings; grated, or rolled for crumbs to be used in scalloped dishes, or cut in small cubes and delicately browned in the oven, to serve with soups.

Dry Toast.

Bread for toast should be at least two days' old. When there are clear red coals in the stove, put slices of bread inside a wire broiler, take off covers

and at first hold the broiler some distance from the coals, turning occasionally, then hold nearer to the coals till both sides have become a rich, golden brown. If held too near the coals at first the outside will become burned before the heat can reach the inside. When there are not bright red coals suitable for toasting, the broiler may be closed, the bread put on the outside, the broiler placed on top of the stove, and slices turned as they become brown; or the slices of bread may be placed in a shallow baking pan and browned in the oven. Toast should be served as soon as it is made. If the crust is very dry it may be dipped in hot water before serving.

Milk Toast.

Toast the slices of bread carefully, as for dry toast, dip each slice in a white sauce, put in a hot dish and pour the sauce between the slices and over the whole. Serve while hot. For six large slices of bread a pint of sauce will be needed.

White Sauce No. 1.

½ tsp. salt.
1 pt. milk.

Melt butter in a saucepan, add the flour mixed with the salt, stir till smooth, being careful that flour does not scorch. Remove from fire, and when cool, stir in the milk, cold. Put back over the fire and stir constantly till the mixture boils and thickens.

White Sauce No. 2.

Use the same ingredients as for white sauce No. 1. Scald most of the milk over hot water, smoothly mixing the remainder with the flour and salt. When milk is scalded a thin skin will be seen on top and small bubbles around the edge. Then pour in the thickening which has been mixed with the salt and cold milk, stirring till smooth and thick. Cook for twenty-five minutes, stirring often to keep the sauce smooth. Add the butter a few minutes before taking from the fire. Less butter may be used. In case the sauce is lumpy, strain, before using.

White Sauce No. 3.

Heat most of the milk in a frying pan, mix the rest with the flour and salt; when milk in frying pan boils, stir in the thickening, letting it boil up once. Add butter and serve.

The first way given makes a richer, smoother sauce, and may be used where a small quantity is needed. In making a large quantity, the second way is the easier.

Browned Crusts.

Spread slices of bread thinly with butter, cut in small blocks, place in a shallow pan and put in a moderate oven till golden brown, stirring occasionally with a fork in order that they may brown evenly. Serve with soup.

German Coffee Cake.

1 c. scalded milk. ¼ c. sugar.
½ yeast cake. ¼ c. warm water.
Flour to make a batter.

Scald and cool milk, add sugar, yeast in water, and flour enough to make batter. Beat well and set to rise. When bubbles appear over the top add:

5 tbsp. shortening. ½ tsp. salt.
1 beaten egg. ½ c. stoned raisins.
Flour to make soft dough.

Cover and let rise again, spread in buttered baking pan about 1 inch thick, cover and keep in warm place until double its bulk. Before baking spread the following mixture over top:

3 tbsp. melted butter. ⅓ c. sugar.
1 tsp. cinnamon. Bake about 40 min.

Rolled Oats Bread.

1 c. rolled oats. 2 c. boiling water.

Pour water over oats and let stand 1 hour, then add:

½ c. molasses. ½ yeast cake.
¼ c. warm water. 1 tsp. salt.
Flour enough (about 4 c.) to make soft dough.

Let rise over night and put in buttered pans. Rise again until double its bulk and bake in quick oven.

CHAPTER XIV.

PIES.

Pies form one of the most indigestible desserts, and should, therefore, be but rarely indulged in. The pastry here given is not rich, and is less objectionable than that often used.

In making pastry have all materials as cold as possible and avoid handling the dough. It is better to make all juicy fruit pies without an under crust. Otherwise the juice will soak into the crust and render it unwholesome.

Pastry for One Pie With Two Crusts, or Two Pies With One Crust.

1¼ c. flour.	⅛ tsp. baking powder.
1 tsp. salt.	⅓ c. lard or cottolene.

Enough cold water (about ⅓ c.) to make stiff dough.

Sift flour, baking powder and salt together, cut lard in with knife, or rub in with the fingers, and gradually mix in water, with a knife. Toss on a floured board, pat out and roll up like a jelly roll, divide in two parts and roll, to fit the plate.

Apple Pie With One Crust.

5 tart apples. 2 tbsp. water.
⅓ c. sugar. spk. salt.
½ tsp. cinnamon or nutmeg.

Wipe and pare the apples, cut them in quarters, cut out the core, and cut each quarter into two or three pieces, lengthwise. Fill a deep granite pie plate with the apples, add water, sugar, salt and spice. Roll out crust a very little larger than the plate, keeping it as round as possible. Cut small holes in the center of crust, and place it loosely over the pie, tucking the edge under and pressing it down firmly. Pour cold water over the crust draining quickly just before putting the pie in the oven. Bake about half an hour or till apple is soft and crust is browned delicately.

Apple Pie With Two Crusts.

Roll out, and loosely line a floured plate with half the crust. Put a row of pieces of apple near the edge and fill the rest into the center. Roll out the remainder of crust, cut places in center, place loosely over the top, trim the edge but do not press it down, pour cold water over crust, drain off quickly and bake till apple is soft and crust nicely browned. When done remove upper crust, add sugar and spice, mixing all well together and replace crust.

Rhubarb Pie.

Wash rhubarb, cut in one-half-inch pieces, put in deep pie plate, having narrow strip of paste around the edge, sprinkle with sugar mixed with flour, allowing ½ c. sugar and 2 tbsp. flour to every cup rhubarb. Cover with paste and bake like apple pie. All juicy fruit pies should be made in the same way.

Custard Pie.

2 eggs.
¼ c. sugar.
⅛ tsp. salt.
1½ c. milk.

Line a deep plate with pastry, building up a rim. Beat eggs slightly, add sugar, salt and milk, mix well, pour into the plate, and grate over with nutmeg. Bake in a moderate oven till custard puffs up and a knife blade comes out clean when tried.

Lemon Pie.

Yolks of 2 eggs.
¾ c. sugar.
⅛ c. cold water.
¾ c. boiling water.
Grated rind and juice of 1 large lemon.
2 tbsp. cornstarch.

Beat egg yolks slightly, add sugar, lemon juice and lemon rind. Mix cornstarch with cold water, pour over the boiling water, stirring till thick and smooth and add to the first mixture. Pour all into a plate lined as for custard pie and bake in a moderate oven, till the inside is set and crust nicely browned. Remove from the oven, and, when

slightly cool, cover with the whites of the eggs that have been beaten till stiff, and then mix with one and one-half tablespoons sugar. Bake on the top shelf of a slow oven for about fifteen minutes till slightly brown. If baked too fast the top will not become cooked all the way through, and will fall when taken from the oven. If cooked too much it will be tough.

Mince Meat for Pies.

Cook a small piece of beef, cut from the rump, neck or shoulder, in boiling water to cover. When meat is tender, cool, throw out all bits of gristle, and chop fine. Measure the chopped meat, and to every cup of meat add three cups chopped apple, one-half cup chopped suet, one-half cup molasses, one cup sugar, grated rind and juice of one lemon, one tablespoon salt, two teaspoons cinnamon, one-half teaspoon ground cloves, one-half small nutmeg grated, one half cup strained coffee, three-fourths cup seeded raisins washed, and dried, three-fourths cup washed currants, a small piece citron chopped, and enough liquor in which meat was cooked to moisten. Heat gradually and simmer for about an hour or till apple is soft. This can be put away in jars and kept for several weeks, in cold weather. Mince pies are baked with two crusts.

Pumpkin Pie.

Build crust as for custard pie and fill with Pumpkin. Pumpkin Pudding on page 133.

CHAPTER XV.

PUDDINGS, PUDDING SAUCES, COLD DESSERTS, STEWED FRUITS, ETC.

Bread Pudding.

2 c. stale bread crumbs or stale bread broken in small pieces.
1 qt. milk. ½ c. sugar.
1 tbsp. butter melted. 2 beaten eggs.
1 tsp. salt.
1 tsp. vanilla, a grating of nutmeg, or ½ tsp. other spice.

Soak bread crumbs for an hour in the milk, add the other ingredients, mix well, and bake in a slow oven, about one hour.

The pudding may be varied by mixing in either one square Baker's chocolate melted, or three tablespoons cocoa dissolved in a little hot water. The whites of the eggs may be saved out, and stiffly beaten with two tbsp. sugar, and be spread over the pudding fifteen minutes before it is done, and the pudding then put on the top grate of the oven till browned delicately. One cup apple sauce spread over the top, and covered with the frosting makes still another agreeable change.

Cream of Rice Pudding.

1 qt. milk.
⅓ c. rice.
½ c. sugar.
½ tsp. salt.

Wash the rice and put it in a greased pudding dish with the sugar, salt and milk. Mix well and let stand for one half hour or more. Then bake in a very slow oven, for about three hours, stirring often at first. The pudding may be flavored with a grating of nutmeg if liked. Serve pudding either hot or cold.

Baked Indian Pudding.

1 qt. milk.
3½ tbsp. corn meal.
1 tsp. salt.
½ tsp. ginger.
1 well beaten egg.
⅓ c. molasses or ½ c. sugar.

Heat 1 pt. of the milk in a clean frying pan, and when it reaches boiling point, stir in meal, gradually, allowing it to cook 10 minutes, stirring all the time. Remove from fire, add salt, ginger, molasses, beaten egg, and the remainder of the milk; mix well, pour into a greased pudding dish, and bake slowly, for an hour and a half. A few seeded raisins may be added, if desired.

Apple Tapioca Pudding.

¾ c. pearl tapioca.
1 qt. boiling water.
6 large sour apples.
½ tsp. salt.
½ c. sugar.

Wash tapioca, add boiling water and salt and cook over hot water till tapioca is transparent. Pare and quarter the apples, put in a buttered pudding dish, sprinkle the sugar over them and cover all with the cooked tapioca. Bake in a moderate oven till the apples are soft. Serve either hot or cold with sugar and milk.

Baked Custard.

4 eggs. 1 qt. milk.
½ c. sugar. ½ tsp. salt.
Grating of nutmeg.

Beat eggs slightly, add sugar and milk, pour into a greased pudding dish, grate nutmeg over the top, set pudding dish in a pan of hot water and bake slowly till custard puffs up, and when tried with a knife blade, the same comes out clean.

Baked Squash or Pumpkin Pudding.

2 c. cooked and sifted squash or pumpkin.
3 c. milk. 1 tsp. salt.
⅔ c. sugar ½ tsp. cinnamon.
1 beaten egg.

Mix and bake like the custard. This is more easily prepared, as well as more digestible than pie. Canned squash or pumpkin may be used.

Steamed Suet Pudding.

2¾ c. flour.	½ tsp. cinnamon.
¾ c. chopped suet.	¼ tsp. ground clove.
1 tsp. soda.	Grating of nutmeg.
1½ tsp. salt.	½ c. seeded raisins.
1 c. molasses.	1 c. milk.

Sift soda and other ingredients into the flour, rub in suet, add raisins, molasses and milk. Mix and beat well. Pour the mixture into a well-greased lard pail or into baking powder tins, not filling them more than two-thirds full. Grease and put on cover, set pail on a piece of iron or tin in a kettle containing enough boiling water to come half way to the top. Cover kettle and steam pudding for at least two hours. The water must not stop boiling, and more boiling water must be added from tea-kettle as it boils away. Serve hot, with lemon, foamy, or hard sauce.

The raisins may be omitted. Before chopping suet, take off the skin, wipe the suet and sprinkle well with flour.

Plain Plum Pudding.

2 c. flour.	Grating of nutmeg.
4 tsp. baking powder.	⅔ c. sugar.
1 tsp. salt.	2 eggs, well beaten.
½ tsp. cinnamon.	1 c. milk.
¼ tsp. clove.	2 tbsp. melted butter.

½ c. seeded raisins, washed, cut in halves, and rolled in a little of the flour.

Mix in the order given, beat well, and steam like the suet pudding. Serve with lemon or foamy sauce. One cup blueberries may be used instead of raisins.

Steamed Chocolate Pudding.

2 c. flour. 2 eggs.
¾ c. sugar. 1 c. milk.
3 tsp. baking powder. 1 tbsp. butter melted.
2 squares Baker's chocolate melted.

Sift dry ingredients together and add to them the eggs well beaten, and the milk. Add melted butter and chocolate. Beat well, put in a greased tin pail, cover, and steam like suet or plum pudding. Melt chocolate in a saucer placed in top of tea kettle.

Foamy Sauce.

2½ tbsp. butter. 1 egg.
½ c. sugar. ½ c. boiling water.
1 tsp. vanilla or 2 tbsp. fruit juice.

Put butter in a bowl and work till creamy, add sugar gradually and continue creaming. Just before serving, add egg well beaten, hot water and flavoring. Beat all well together till foamy.

Hard Sauce.

3 tbsp. butter. ½ c. powdered sugar.
½ tsp. vanilla or a grating of nutmeg.

Cream butter, and gradually work in sugar. Add flavoring, pack smoothly in a small dish, cover and set in a cold place till ready to use. One-half cup mashed strawberries may be beaten into the sauce in place of the vanilla.

Lemon Sauce.

1 c. sugar.
2 c. water.
Thin rind of ½ lemon.
2 tbsp. cornstarch.
Juice of 1 large lemon.
1 tbsp. butter.

Boil sugar and water together with the lemon rind for two or three minutes. Take out and throw away the lemon rind; add cornstarch that has been mixed till smooth with a little cold water, and cook for five minutes or till very clear, stirring all the time. Add lemon juice and butter, and when butter has melted, serve. The juice of two oranges or three-fourths of a cup of strawberry or other fruit juice may be used in place of the lemon. The sauce requires a little less sugar when the less acid fruits are used.

Corn Starch Mould.

¼ c. corn starch. 1 pt. milk.
¼ c. sugar. ¼ tsp. salt.
½ tsp. vanilla.

Scald milk, mix corn starch, sugar and salt with a little cold water, and add to scalded milk. Cook over hot water 20 minutes, stirring most of the time. Add vanilla, and pour into a cold, wet bowl or tin. When cold, turn out, and serve with apple sauce or with mashed and sweetened strawberries.

Cream Chocolate Pudding.

½ c. sugar. 2 tbsp. cocoa.
3½ tbsp. corn starch. 3 c. milk.
½ tsp. salt. ½ tsp. vanilla.

Scald 2½ c. of the milk; mix sugar, corn starch, cocoa and salt with the rest of milk, add mixture to the hot, scalded milk, and cook over hot water 20 minutes, stirring most of the time. When done set in a pan of cold water to cool, stirring occasionally to prevent skin forming on top. Flavor, pour into a deep dish, cover and keep in a cold place till ready to use.

Junket.

1 qt. milk. 1 junket tablet or
½ tsp. vanilla. 1 tbsp. liquid rennet.
½ c. sugar. Grating of nutmeg.

Heat milk till lukewarm, add sugar, vanilla, and junket tablet which has been dissolved in one tbsp. lukewarm water, or add the liquid rennet. Mix well, pour into cups, and let stand in a warm place till mixture jellies. Grate nutmeg over the tops and put in a cold place till ready to use. If the milk is heated too much or too little the junket will not act. One half cup clear strong coffee may be used for flavoring, in place of vanilla and nutmeg.

Lemon Jelly.

½ box gelatine.	⅔ c. sugar.
½ c. cold water.	Juice 3 lemons.
1 pt. boiling water.	Rind of 1 lemon.

Soak the gelatine in cold water. Wash and pare one lemon very thinly, taking off only the yellow part, put lemon rind in the saucepan with the hot water, let boil one or two minutes, then pour the boiling water over the gelatine, add the sugar and juice of the three lemons. Strain and pour into a cold, wet tin or bowl.

Snow Pudding.

¼ box of gelatine.	¾ c. sugar.
¼ c. cold water.	¼ c. lemon juice.
1 c. boiling water.	Whites 3 eggs.

Soak gelatine in the cold water, add the boiling water, sugar and lemon juice, stirring till gelatine

is dissolved. Put in a cold place till the mixture begins to stiffen. Then add the whites of the eggs well beaten, and beat all together with an egg beater till mixture is stiff enough to hold its shape. Pour into a cold, wet tin or bowl. Serve with a soft custard made of the egg yolks.

Soft Custard.

1 pt. milk. 5 tbsp. sugar.
Yolks of the 3 eggs. ⅛ tsp. salt.
½ tsp. vanilla.

Scald milk slightly, beat egg yolks, add sugar and salt, and pour over them the scalded milk. Cook over hot water for about four minutes, or till the custard thickens and forms a coating on the spoon. Stir constantly and when done strain into a cold dish. Stir occasionally while cooling. When cold, add vanilla. If the custard cooks too long it will curdle. In case this happens, pour out into a cold dish and beat with an egg beater. A soft custard, to be served alone, may be made by using two whole eggs instead of three yolks.

Ice Cream.

Ice cream is cooling and refreshing in summer and may be easily and cheaply made. In case one has no freezer, the mixture to be frozen may be poured into a tin pail, covered, set in a larger pail or pan, packed with ice and rock salt, and the inside

pail be often turned round and round. The cover should occasionally be taken off and the cream scraped from the sides with a spoon, and all then be beaten well together. That made with the junket seems richer and more creamy than the cream made in either of the other two ways given. The milk sherbet is particularly refreshing on a hot day.

Ice Cream, No. 1.

1 qt. milk.	1 c. sugar.
3 tbsp. flour.	1 egg.
¼ tsp. salt.	1 c. cream.

Scald 1 pt. of the milk, beat egg slightly, add sugar, flour and salt; mix well and pour the hot milk over the mixture. Then cook it over hot water 20 minutes, stirring most of the time. Cool, add the rest of milk with the cream. Flavor and freeze, using three parts crushed ice to one part rock salt.

Ice Cream, No. 2.

Heat 1 qt. milk and 1 c. cream with ¾ c. sugar, till lukewarm, add one junket tablet dissolved in a little cold water, or add 1 tbsp. liquid rennet, and pour into the freezer; let stand in a warm room till mixture jellies, and when cold, flavor, and freeze.

Ice Cream, No. 3.

Mix 1 qt. milk with 1½ c. cream and ¾ c. sugar. Flavor and freeze.

Vanilla Ice Cream.

Add 2 tsp. vanilla to either of the above before freezing.

Coffee Ice Cream.

Flavor the mixture with ½ c. strong coffee before freezing.

Strawberry Ice Cream.

Wash, hull and mash 1 box strawberries, sprinkle well with sugar, and let stand an hour or more. Add to cream before freezing.

Chocolate Ice Cream.

For chocolate ice cream, add one and a half squares of chocolate to ice cream number one, while it is cooking; first having grated or melted the chocolate; or use three tbsp. cocoa instead of chocolate.

Peach Ice Cream.

Pare and remove stones from 1 qt. ripe peaches, cut in small pieces, sprinkle well with sugar, mash, and add to either of the three mixtures before freezing.

Banana Ice Cream.

Remove skins from three bananas, mash, and add with 1½ tbsp. lemon juice, to cream before freezing.

Milk Sherbert.

Juice of 5 lemons. 3 pts. milk.
2 c. sugar.

Mix lemon juice and sugar, add milk slowly and freeze at once.

Apple Sauce.

Pare, quarter and core sour apples. Put in a stewpan, with just enough water to keep from scorching. Cover and cook till tender. When done add sugar to taste, and beat with a wooden spoon till free from lumps.

Baked Apples.

Wipe and core sour apples, put in a baking dish and fill the center of each apple with 1 tbsp. sugar and a little cinnamon, if spice is liked. Put 1 tbsp. of water for each apple in bottom of the pan. Bake in a hot oven till apples are soft, basting often with the syrup in the pan. If the apples are not very fair they may be pared. In that case cover closely for the first fifteen minutes. Then take off the cover, and baste often till apples are soft.

Rhubarb Sauce.

Wash rhubarb and cut it in one-inch pieces. Put in a saucepan, sprinkle well with sugar, cover closely

and cook slowly till tender. There is so much water in rhubarb that very little, if any, water need be used in cooking it.

Stewed Prunes.

Wash prunes, put in a saucepan, cover with cold water and let stand for one or two hours. Cook slowly in same water, till prunes are tender. When nearly done sweeten to taste and add a little lemon juice.

Cranberry Sauce.

1 qt. cranberries. 2 c. sugar.
1 c. water.

Wash cranberries, and put them in a stewpan with the water and sugar. Cover and put over the fire, allowing them to cook slowly, ten minutes after they begin to boil. Keep covered and do not stir. If sifted sauce is desired, the cranberries may be rubbed through a sifter while they are hot.

Bananas for a Dessert.

Remove skins, cut bananas in slices, place in layers in a deep dish, pouring over each layer and over the top, lemon juice, that has been well sweetened with sugar. Keep in a cold place for an hour or more, before serving.

Rice Custard Pudding.

1½ c. steamed rice.
4 tbsp. sugar.
1 pt. milk.
1 whole egg.
Yolk of 1 egg.
White of 1 egg.
2 tbsp. sugar.

Heat rice, sugar and milk together in double boiler. Beat one whole egg with the yolk of the other and stir into the hot milk mixture, stir until thickened, but do not allow it to curdle. Pour into baking dish and spread frosting over it. Place on shelf in oven long enough to brown the frosting.

Frosting.

Beat remaining white of egg very stiff, add sugar and beat again.

St. James Pudding.

3 tbsp. butter.
½ c. milk.
½ tsp. soda.
½ c. molasses.
1⅔ c. flour.
½ lb. dates, stoned and cut in pieces.

Salt, cloves, allspice, nutmeg, ¼ tsp. each. Mix and steam 1½ hours. Serve with creamy sauce.

Creamy Sauce.

½ c. butter.
1c. powdered sugar.
1 tsp. vanilla.
¼ c. thick cream, whipped.

Cream butter and sugar, add vanilla and beaten cream. Chill.

Brown Sugar Sauce.

¼ c. butter (creamed) 4 tbsp. milk.
1 c. brown sugar 1 tsp. vanilla.

Cream butter, add sugar and continue creaming; add milk and vanilla. Just before serving, warm enough to make smooth. Stir all the time it is warming.

Strawberry Sponge.

¼ pkg. gelatine.
¼ c. cold water.
¼ c. boiling water.
1 c. sugar.
Juice of 1 lemon.
1 c. strawberry pulp and juice.
Whites of 3 eggs.

Soak gelatine in cold water, add boiling water to dissolve it. Add lemon juice and sugar and pour into bowl standing in ice water. When partly thickened add strawberry, which has been mashed before measuring, and let thicken more. When quite thick add well beaten whites of eggs and stir until it holds its shape. Pour into a mould to stiffen. Serve with cream.

Jellied Prunes.

⅓ lb. prunes. 2 c. cold water.

Wash prunes and soak over night in the cold water. Boil in same water until tender. Stone and cut in quarters, saving water.

2½ tbsp. Knox's gelatine. ½ c. cold water.
Soak 15 minutes.

To prune water add enough boiling water to make two cups and pour over soaked gelatine; add:

1 c. granulated sugar. ¼ c. lemon juice.

Strain and add cut prunes. Pour into wet mould to set. Stir once or twice while cooling that fruit may not settle. Serve with cream and sugar.

Rice Bavarian Cream.

½ box gelatine. ½ c. cold water.

Soak and dissolve over hot water. ½ c. rice washed and boiled in salted water and dried.
1 pt. whipped cream. ½ c. powdered sugar.
1 tsp. vanilla.

Add boiled rice to dissolved gelatine, add sugar and vanilla. Fold in whipped cream and mould. Serve with melted quince jelly.

Roman Cream.

1 qt. milk.
½ package Cooper's clarified gelatine.
½c. cold water.
2 eggs.
¾ c. sugar.
½ tsp. vanilla.

Soak gelatine in the cold water. Heat milk in double boiler until boiling hot and add soaked gelatine, sugar and the beaten eggs. Stir until thickened, add vanilla and pour into mould to stiffen.

Serve with cream or cut and sweetened oranges.

CHAPTER XVI.

CAKE, ICING, CAKE FILLINGS, GINGERBREAD AND COOKIES.

General Directions for Making Cakes With Butter.

Before making a cake see that the fire is right, so that coal will not have to be added while the cake is baking. Grease and flour the pans, or line them with greased paper. Measure all the ingredients. Cream the butter, that is, rub it lightly till it is soft, with the back of a spoon against the side of the dish. Add sugar by degrees. Add beaten egg yolks with milk, a little at a time, alternately with the flour. After stirring, beat all well together.

The beaten whites are added last. In putting the mixture into the pans, be careful none gets on to the sides of the tin, and have the mixture come well to the corners and sides of the pan. Bake cake on the bottom of the oven. Divide the time of baking into quarters. If a cake is to bake 40 m. at the end of ten m. it should be raised and full of bubbles. At the end of 20 m. it should be spotted with brown and the bubbles burst. At the end of 30 m. it should be light brown all over, and at the end of 40 m. it should shrink from the pan, and when tried with a straw should not stick.

Feather Cake.

4 tbsp. butter.	2½ tsp. b'k'g powder.
1 c. sugar.	2 eggs.
1½ c. flour.	½ c. milk.
½ tsp. vanilla.	

Put butter in mixing bowl, and work it with a spoon till creamy, add sugar gradually, and continue creaming. Sift flour and baking powder together; separate yolks of eggs from whites, beat yolks till light colored and thick, and add milk. Then add milk and egg mixture to creamed butter and sugar, alternately with flour. Add flavoring, stir and beat well. Lastly add whites of eggs, beaten stiff. Put in a shallow, greased and floured pan, or one lined with buttered paper. Bake about 30 m. or till cake shrinks from the pan, and does not stick when tried with a straw.

The feather cake may be varied and made into a number of different kinds.

Spice Cake.

Before adding the beaten whites, add three-fourths cups seeded raisins, that have been washed, dried, cut in halves, and rolled in a little of the flour reserved for the purpose. Flavor with one-fourth teaspoon ground cloves, one-half teaspoon cinnamon, and a grating of nutmeg, instead of vanilla.

Marble Cake.

Color half the feather cake mixture with one-half tablespoon melted chocolate. Mix the white and dark part when putting it in the pan, so that they will be well mingled though distinct.

Ribbon Cake.

To one-third the feather cake mixture, add one-half teaspoon mixed spices, and one-half cup seeded raisins cut in pieces. Bake in a shallow pan, and the remainder in two other shallow pans. When done, put the fruit cake between the others with a layer of jelly or frosting between.

Layer Cake.

Bake feather cake mixture in round tins and put a cream, chocolate or other filling between.

Children's Cake.

3 tbsp. butter.
1 c. sugar.
1 egg.
1 c. cold water.
2 c. flour.
4 tsp. baking powder.
1 tsp. vanilla.

Cream the butter, add half the sugar and continue creaming. Beat egg till light and add with

the water and rest of the sugar to the creamed butter. Add flour mixed with baking powder. Flavor, beat well and bake in a shallow pan about half an hour.

Surprise Cake.

4 tbsp. butter.
1 c. sugar.
1 egg.
1 c. milk.
2 c. flour.
4 tsp. baking powder.
1 tsp. vanilla.

Mix carefully, bake like children's cake, and you will be surprised at its lightness.

Wedding Cake.

½ c. butter.
1½ c. sugar.
3 egg yolks.
½ c. milk.
2½ c. flour.
3½ tsp. baking powder.
1 tsp. cinnamon.
½ tsp. ground cloves.
½ tsp. grated nutmeg.
½ tsp. powdered mace.
¾ c. seeded raisins washed, dried, and cut in pieces.
¾ c. currants, washed and dried.
¼ lb. citron cut in small, thin pieces.
Whites of 3 eggs.

Roll fruit in one-half cup of the flour, and mix the rest with baking powder and spices. Mix like feather cake, adding the floured fruit just before the stiffly beaten whites of eggs. Bake in a thick loaf, in a moderate oven. Cover with a plain, white icing.

Sponge Cake.

Yolks 2 eggs.	Grated rind of 1 lemon.
1 c. sugar.	1 c. flour.
⅜ c. hot water.	1½ tsp. baking powder.
1 tsp. lemon juice.	½ tsp. salt.

Whites 2 eggs.

Beat yolks till light colored and thick, add half the sugar gradually, and contiue beating; then add the hot water, the rest of the sugar, the lemon juice and rind. Beat well, and add flour mixed with baking powder and salt. Beat all well together, and lastly, cut and fold in the stiffly beaten whites of the eggs. Put in shallow, greased and floured pan, and bake in a moderately hot oven from twenty to twenty-five minutes.

Quick Sponge Cake.

2 eggs.	1¼ tsp. baking powder.
1 c. sugar.	½ tsp. salt.
1 c. flour.	½ c. hot milk.

½ tsp. flavoring.

Beat eggs till very light, add sugar and beat again. Add half the milk gradually beating it in with an egg beater. Add flour that has been mixed with the baking powder and salt, and continue beating. Lastly add the remainder of the hot milk and flavoring. Bake in a greased and floured pan.

Plain Icing.

Put two tablespoons boiling water in a bowl, add a few drops of vanilla, and stir in gradually enough confectioner's sugar to make the mixture stiff enough to spread. It will take nearly a cup. Spread while cake is warm.

Chocolate Icing.

Use three tablespoons hot water and add three teaspoons cocoa, before adding the sugar.

Cream Filling for Layer Cake.

1 c. milk.	4 tbsp. flour.
½ c. sugar.	1 egg.
$\frac{1}{16}$ tsp. salt.	½ tsp. vanilla.

Scald milk, beat eggs, add sugar, flour and salt, mix well together and pour into the hot milk. Cook over hot water for twenty minutes, stirring all the time at first. When cold, add vanilla. Put between the layers of cake just before serving.

Chocolate Filling.

¾ c. sugar.	2 tbsp. cornstarch.
1 c. milk.	½ tsp. vanilla.

½ c. grated chocolate or cocoa.

Mix ingredients in the order given, and cook over hot water for about twenty minutes or till smooth and glossy, stirring all the time. Stir till nearly cool and spread between and on top the layers of cake.

Orange Filling.

⅔ c. sugar.	⅛ tsp. salt.
2½ tbsp. flour.	1 egg.
Juice of ½ lemon.	1½ tsp. butter.

Grated rind of one, and juice of 2 sour oranges.

Beat egg slightly, add sugar mixed with flour, salt, orange juice, grated rind and lemon juice. Cook over hot water fifteen minutes, stirring all the time. Add butter, just before taking from the fire. Stir occasionally while cooling. Spread between the layers, just before serving. Sprinkle top of cake with powdered sugar.

Gingerbread.

1 c. molasses.	1 tsp. soda.
½ c. boiling water.	1½ tsp. ginger.
2 c. flour.	½ tsp. salt.

4 tbsp. melted butter or dripping.

Put molasses in mixing bowl and sift into it the soda, ginger and salt. Mix well, then add melted shortening and hot water. Lastly add flour grad-

ually, mix and beat well. Bake in a shallow, greased floured pan, or in gem pans about 25 minutes.

Soft Molasses Cookies.

1 c. molasses.
1 tsp. ginger.
1 tsp. soda.
½ tsp. salt.
¼ c. milk.
½ c. beef dripping or lard, softened.
Flour to make a dough that can be rolled out.

Sift ginger, salt and soda into the molasses, add milk and beef dripping softened, then stir in flour. Roll out, ¼ inch thick, cut in rounds and bake on a greased floured tin, about ten minutes, being careful that they do not burn. Use as little flour as possible when rolling out.

Ginger Snaps.

1 c. molasses.
1½ tsp. ginger.
1 tsp. soda.
½ tsp. salt.
3 tbsp. butter.
3 tbsp. beef dripping or lard.
Flour to roll very thin.

Heat the molasses, add beef dripping and butter, sift in soda, ginger and salt. Add gradually enough flour (about 3¼ c.) to make a stiff dough. Chill, roll very thin, cut with a small cutter or tin cover, and bake about ten minutes in a greased and floured pan.

Sugar Cookies.

3 tbsp. butter.
3 tbsp. dripping or lard
1 c. sugar.
½ tsp. salt.
¼ c. milk.
1 egg.
2 c. flour.
2 tsp. baking powder.
2 tsp. vanilla or ½ tsp. cinnamon or nutmeg.

Cream butter and lard, add sugar gradually; then add egg well beaten with the milk, the flavoring, and the flour mixed with baking powder and salt. Mix well and add enough more flour to roll. Roll thin, cut out, and bake.

Cake Without Eggs.

5 tbsp. butter.
1 c. sugar.
1 tsp. vanilla.
1 c. milk.
1¾ c. sifted flour.
2 tsp. baking powder.

Cream and wash the butter, add sugar and cream again. Sift flour and baking powder together several times and add alternately with milk to the sugar mixture; add vanilla, beat well and bake in a moderate oven.

Peanut Cakes.

2 tbsp. butter.
½ c. sugar.
2 tbsp. milk.
1 egg.
1 c. flour.
2 tsp. baking powder.
¾ c. chopped peanuts.
Spk. salt.

Cream, butter and sugar; add other ingredients in order. Drop from teaspoon three inches apart on buttered pans. Bake in a quick oven.

Drop Ginger Cookies.

6 tbsp. butter.
½ c. boiling water.
⅔ c. molasses.
½ tsp. salt.
1 tsp. cinnamon.
1 tbsp. ginger.
1 tsp. soda.
Flour to make "drop" batter.

Drop from teaspoon far apart in a greased pan. Bake in a moderate oven.

Jumbles.

½ c. butter.
1 c. sugar.
1 beaten egg.
½ c. sour cream.
½ tsp. soda.
2½ c. flour.

Mix in order given; drop from spoon; bake in a slow oven.

CHAPTER XVII.

CANDY.

Pure candy is not harmful if eaten in small quantities at the proper time. It should never be eaten just before a meal, but may be eaten right after meals. Home-made candy is more wholesome and much cheaper than that bought at the shops.

When making candy that is meant to be clear, avoid stirring, as that makes it cloudy and tends to cause it to go back to sugar. A small quantity of vinegar or cream of tartar helps keep it clear, and enables it to be more easily handled.

Peanut Candy.

1 pt. peanuts. 1 c. granulated sugar.

Shell and chop peanuts. Put the sugar in a clean frying pan, place over the fire and stir constantly till sugar melts and becomes light brown in color. Stir in quickly the chopped peanuts and pour out at once into a buttered tin. When partly cool mark off in squares.

Peppermints or Checkermints.

1 c. sugar. ⅓ c. boiling water.
¼ tsp. peppermint or wintergreen extract.

Put sugar and hot water in a saucepan, place over the fire and do not stir after sugar has dissolved Let boil for about 4 minutes. Remove from fire, flavor, stir till creamy and drop by teaspoonfuls on greased paper. If the mixture becomes too thick add a few drops hot water.

Molasses Candy.

2 c. Porto Rico molasses.
½ c. sugar. 1 tbsp. vinegar.
¼ tsp. soda. 1 tbsp. butter.

Put molasses, sugar, butter and vinegar in a kettle or stewpan and let mixture boil till brittle when tried in cold water. Add soda just before taking from fire, stir well and pour out into a buttered dish. When cool enough to handle, pull till light colored. Cut in sticks or small pieces.

Fondant for Creams.

Put the white of 1 egg in a bowl, with an equal amount of cold water, add ½ tsp. vanilla, mix well and stir in gradually enough confectioners' sugar (about 1¼ lb.) to make the mixture stiff enough to form in balls. Shape, place walnut meats on each ball, or fill dates that have been washed and stoned. Place on buttered paper.

For chocolate creams melt some Baker's chocolate in a saucer placed on top of a tea-kettle of hot water, and when melted dip the balls of fondant in

it. Take out with a fork and put on buttered paper to dry.

The fondant may be flavored with 1 tbsp. clear coffee instead of vanilla.

Chocolate Fudge.

2 c. granulated sugar. 1 tbsp. butter.
½ c. milk. 1 tsp. vanilla.
⅔ c. grated chocolate or ½ c. cocoa.

Put sugar, milk, butter and grated chocolate or cocoa into a smooth, clean saucepan, place over the fire, heat to boiling point, stirring occasionally till sugar has melted, and then cook without stirring for six or eight minutes, or till the mixture forms a soft ball when tried in cold water. Remove from fire, add vanilla and beat till creamy. Pour into a greased pan, and, when slightly cool, mark off in squares.

Salted Peanuts.

Buy peanuts before they are roasted, shell, pour boiling water over them, rub off the skins, dry, and put into a saucepan with hot melted butter, allowing three tablespoons butter for a quart of peanuts. Cook till peanuts are delicately browned, stirring constantly with a fork. Take out on a skimmer, put on brown paper to drain, and sprinkle well with salt. If any butter is left, pour it out into a cup, cover and save to use another time.

Stuffed Dates.

Thoroughly wash and wipe dates, make a cut through the entire length of each date and take out the stone. Fill the dates with peanut or English walnut meats, press into their original shape, and roll in granulated sugar.

Chocolate Caramels.

Mix together in a granite-ware saucepan.

1 c. sugar. 1 c. thick cream.
1 c. molasses. 1 tbsp. butter.
2 sq. Baker's Chocolate.

Place on the fire, and stir until the mixture boils. Cook until a few drops of it will harden if dropped into ice water. Then pour into well buttered pans, having the mixture about ¾ of an inch thick. When nearly cold mark into squares. [It will take almost an hour to boil this in a granite pan, but not half so long if cooked in an iron frying pan. Stir frequently while boiling. The caramels must be put in a very cold place to harden.]

Wrap in paraffine paper.

CHAPTER XVIII.

DRINKS.

Tea and coffee have but little food value, though they act as stimulants when used in moderation. If used to excess, they cause nervousness and sleeplessness. On this account they should never be given to children. Only freshly boiled water should be used in their preparation, as long boiling renders water flat and insipid. Tea must never be allowed to boil, as boiling extracts some of the tannin (a poisonous substance) from the leaves. A mixture of green and black tea makes a satisfactory combination. It is better to buy coffee in the bean, and grind it when ready to use. Two-thirds Java and one-third Mocha is commonly considered the best. Cocoa not only acts as a stimulant, but has some value as a food, on account of the fat which it contains, as well as the milk used in its preparation. Weak cocoa may be given to children after their third or fourth year.

Tea.

Scald the teapot and put in tea, allowing 1 tsp. for each cup of *boiling* water. Pour in the freshly *boiling* water and let stand on the stove shelf, *not* on the stove, for 5 m. and serve. Tea must never boil. A slice of lemon may be served with each cup of tea instead of milk.

Coffee.

Scald the coffee pot, put in the coffee with some clean egg shells if you have them, allowing 2 tbsp. coffee for every cup of boiling water, add the boiling water and let boil 3 m. Set back on the stove where the coffee will keep hot, but not boil, for 10 m. before serving. If coffee is left over, strain it into a pitcher or bowl, cover, and save for jelly or to reheat. Thoroughly wash, scald, and dry coffee pot after using.

Cocoa.

1 pt. milk.	4 tbsp. sugar.
1 pt. water.	3 tbsp. cocoa.

Heat milk and water in a saucepan, then add the sugar and cocoa, after mixing it with a little hot water. Stir constantly till the cocoa boils. Let boil three minutes. Or scald milk over boiling water, boil water, sugar and cocoa together for five minutes, add to hot scalded milk, stir well and serve.

Iced Tea.

Make and strain into a large pitcher. When partly cool, add juice of three lemons for every quart of tea, with sugar to taste. Keep in a cold place, and a few minutes before using add some pieces of ice.

Lemonade.

1 c. sugar.	Thin rind of 1 lemon.
2 c. water.	Juice of 3 lemons.

Boil water, sugar and lemon rind for ten minutes. When partly cool, strain, add lemon juice, cover, and when ready to use, add ice water to suit the taste. Or squeeze lemons, and add the sugar and ice water to make it the right strength.

Fruit Punch.

1 c. sugar.	½ c. cold tea.
2 c. water.	Juice of 5 lemons and rind of 1.

Juice of 4 oranges or juice from 1 box strawberries.

Boil sugar, water and lemon rind for ten minutes, cool, add fruit juices, strain, and add ice water to taste. The berries should be washed, hulled, mashed, sprinkled with sugar and allowed to stand for some time, then be put in cheese cloth and the juice pressed out. A few of the berries may be saved whole and put into the punch. A pineapple may be pared, chopped, sprinkled with sugar, and added in place of oranges or strawberries. Raspberries or currants can also be used, instead of strawberries or oranges. Use any fruit when in season. Fruit drinks are cooling in summer and more wholesome than the soda water bought at the drug stores.

CHAPTER XIX.

INVALID COOKERY.

Hints on the Care of the Sick.

Give the patient as large and as sunny a room as possible. It is better that there be no carpet on the floor. Remove dust from furniture with a damp cloth, and wipe floor with a damp cloth instead of sweeping it. Have bed so placed that door and windows can be opened without placing patient in a draught. Keep the room thoroughly aired by occasionally opening windows at top and bottom. Before doing this, put a blanket over the patient's body and head to prevent taking cold, and do not remove the blanket till the room is warm again. See that the bed linen is kept clean, and under sheet drawn tightly to avoid wrinkles.

In cases of fever, allow patient to have cold water, other cool and refreshing drinks, and cracked ice. Keep all drinks carefully covered. Give a sponge bath every day if the doctor permit.

Be especially careful that foods for the sick are cooked and served in very clean pans and dishes, and that all dishes used by the patient are thoroughly cleansed before being used by anyone else. Prepare and give food in small quantities, and serve it on the prettiest dishes in the house.

Never leave food, fruit, or dirty dishes standing in the sick room, and never allow food or drink that has been left by the patient to be taken by others.

Keep the house as quiet as possible. Never slam doors or windows, and do not speak in a loud voice, nor whisper in the room, but speak in gentle tones.

Beef Tea.

The best piece of beef for beef tea is from the top round, as that contains the most and best flavored juice. Wipe the meat, remove the fat, scrape with a sharp pointed knife, or cut in very small pieces, and as fast as it is cut or scraped put in a glass jar containing cold water, allowing 1 pt. water to 1 lb. meat. *Cold water draws out the juice.* Cover and let it stand ½ hour. Then place jar on a piece of iron or tin in a kettle, and surround with cold water. Set back on the stove and allow water to heat slowly, and then keep it just below the boiling point for an hour or an hour and a half, or longer. Press through a strainer to obtain all the juice, and add salt to taste. Heat over hot, not boiling water, before serving. Save the meat, mix with cold cooked mashed or chopped potato, season well and make into hash for the family, using more fat in warming up than in making other hash.

Beef Juice.

Make like the beef tea, putting no water in the jar with the meat.

Mutton Broth.

1½ lb. neck of mutton. 1 tsp. salt.
2 qts. cold water. 2 tbsp. pearl barley.

Take off skin and fat, wipe meat, cut in small pieces and put it in a kettle or stewpan with the bones, cold water and salt. Heat slowly, skim and cook on back of the stove for three or four hours, or till meat is in shreds. Strain, cool, take off the fat and heat again to boiling point. Wash and add the barley to the broth, letting it cook till very tender. The broth should be served very hot. In case globules of fat can be seen on the hot broth they may be absorbed by placing a piece of soft brown paper over the top for a few seconds. Barley is the most easily digested form of starch, and for that reason it is, as a rule, better for an invalid than rice. The mutton may be saved and used in the same way as the beef from beef tea.

Boiled Milk.

Give boiled milk in cases of diarrhoea.

Lemonade.

Thin rind of ½ lemon. 1½ tbsp. sugar.
1 c. boiling water. Juice of 1 lemon.

Wash the lemon, pare one half very thinly,

white part of rind is bitter, cut rind into small pieces, pour the boiling water over it, add sugar, cover and let it stand till cool; add lemon juice, strain and serve with chipped ice. Use more or less sugar, according to the taste of the patient.

Orangeade.

Rind of ½ sour orange.
1 c. boiling water.
Juice of 1 orange.
1 tbsp. sugar.

Make like lemonade.

Flaxseed Lemonade.

1 tbsp flaxseed.
Thin rind of ½ lemon.
1½ c. cold water.
3 tbsp. sugar.
Juice of ½ lemon.

Wash flaxseed and put it in a saucepan with the cold water and lemon rind. Cover and let simmer on back of the stove for an hour or more. Strain, add lemon juice and sugar. Serve hot or cold. Flaxseed lemonade is given to patients suffering with a cold affecting throat or lungs.

Barley Water.

1½ tbsp. barley.
1 pt. cold water.
Juice of ½ lemon.
1½ tbsp. sugar.

Wash barley, drain, add cold water, cover and let stand for one or two hours. Place over the fire and

cook slowly for two hours. Strain, add lemon juice and sugar. Heat before serving. A little salt may be added if desired.

Toast Water.

Toast slices of bread slowly until they are very brown, but not burned. Break into small pieces and add boiling water, allowing 1 pt. water to 1½ c. toast. Let stand for one-half hour. Strain through cheese cloth, season with salt and serve very hot or very cold. The bread may be browned in the oven instead of being toasted. Toast water is given in cases of extreme nausea. Sometimes it can be retained on the stomach when nothing else can.

Cracker Gruel.

¼ c. powdered crackers. ½ c. boiling water.
¼ tsp. salt. ½ c. milk.

Mix cracker, salt, boiling water and milk. Cook for a few minutes, stirring constantly. Thin with milk if too thick. Cracker gruel is given in cases of bowel trouble.

Indian Meal Gruel.

1½ c. boiling water. 1 tbsp. cornmeal.
¼ tsp. salt. 1 tsp. flour.

Mix meal, flour and salt with enough cold water to make a smooth paste, and stir into it the boiling

water. Boil slowly thirty minutes, stirring often. Thin with hot milk before serving and add more salt if needed.

Indian meal gruel is too heating, to be given in cases of fever, and too irritating where there is weakness of the bowels. It is sometimes given where there is a lack of heat in the system.

Milk Porridge.

1 c. milk. 1 tbsp. flour.
Salt to taste.

Heat milk, mix flour to a smooth paste with a little cold water, add to the hot milk and boil from six to eight minutes, stirring all the time. Season with salt and strain if lumpy. A little sugar may be added if liked. Milk porridge is given for looseness of the bowels.

Eggnog.

1 egg. ½ c. milk.
1 tsp. sugar. spk. salt.

Beat egg till light, add sugar, salt and milk. Stir thoroughly and serve in a glass or cup.

Dropped or Poached Egg.

Break the egg carefully into a saucer and slip it into a frying pan of hot, salted water. Dip the hot water over the yolk with a spoon while cooking.

When the white is firm and a film has formed over yolk take up the egg with a skimmer, drain, trim off rough edges and serve on a slice of toast. Season with salt.

Creamy Egg.

1 egg.
3 tbsp. milk.
1 tsp. butter.
$\frac{1}{16}$ tsp. salt.
spk. pepper.

Beat egg slightly, add salt, pepper and milk. Melt butter in a saucepan placed over hot water, pour in egg mixture and cook till it thickens and becomes creamy, stirring all the time, and scraping from the bottom and sides, so that it may cook evenly. If cooked too much the mixture will curdle. Serve on toast. The butter may be omitted.

Irish Moss Blanc Mange.

1 tbsp. Irish moss.
½ c. milk.
$\frac{1}{16}$ tsp. salt.
Few drops vanilla.

Pick over and wash the moss, put it in a small saucepan with the milk, place over hot water and cook for a few minutes till it will thicken when tried on a cold dish. Add salt and flavoring and strain into a cup. Serve cold, with sugar and cream.

Germea and Dates.

2½ tbsp. germea.
⅛ tsp. salt.
¾ c. boiling water.
4 or 5 dates.

Have the water boiling in a clean saucepan, add the salt and stir in the germea very slowly to prevent lumping and allow it to cook for five minutes, stirring all the time. Place over hot water, cover and cook thirty minutes, stirring occasionally. Wash and wipe dates, remove stones, cut dates in quarters and stir them into the cooked germea. Serve with cream or milk, and a little sugar. Cream of wheat or wheatena may be used in place of germea.

Junket.

½ c. milk.
A few drops vanilla.
½ tbsp. sugar.
⅛ junket tablet, or
½ tsp. liquid rennet.
Grating of nutmeg.

Heat the milk till lukewarm, add vanilla, sugar, and tablet, which has first been thoroughly dissolved in a teaspoon of water. Mix well, pour into a cup, cover and let stand in warm place till the mixture jellies. Grate the nutmeg over the top and keep in a cold place till ready to use. If the milk is heated too much the junket will not act. The junket may be made into ice cream by mixing a little cream with the milk, using more sugar and freezing the mixture after it jellies.

Ice Cream.

¼ c. cream.
¼ c. milk.
1½ tbsp. sugar.
Flavoring.

Mix ingredients in a baking powder tin. Put on cover, set can in a pail or dish and surround with crushed ice and rock salt, using 3 parts ice to 1 part salt. Turn the can around often, and occasionally take off the cover, scrape the cream from the sides with a spoon as it freezes and beat it well. When frozen pour off water, beat cream with a spoon, pack it evenly in the can and put on the cover. Let stand till ready to serve. Put more ice around the can if needed. For flavoring use ½ tsp. vanilla, 1 tbsp. strong coffee or ¼ c. fruit juice.

Lemon Ice.

½ c. water. ¾ c. sugar.
1 lemon.

Boil sugar and water together with a small thin piece of lemon rind, for about 3 minutes. Cool, add lemon juice and freeze like ice cream.

Orange Ice.

½ c. water. 2 small oranges.
3 tbsp. sugar.

Make and freeze like lemon ice.

CHAPTER XX.

JELLY MAKING.

Jellies are made of cooked fruit juice and sugar, in nearly all cases the proportions being equal.

Where failures occur, they may usually be traced to the use of too ripe fruit.

Crab apples, grapes just ripe, underripe blackberries and quinces make firm jelly easily. Cranberries also make jelly easily.

Rhubarb is very difficult to make a firm jelly.

Apple Jelly.

Wipe apples, remove stem and blossom ends and spots, and cut in quarters. Put in granite or porcelain-lined kettle, and add cold water to come nearly to top of apples. Cover and cook slowly until apples are soft, mash and strain through coarse sieve. Avoid squeezing apples, which makes jelly cloudy.

Then allow juice to drip through a double thickness of cheese cloth or a jelly bag. Boil 20 ms. and add an equal quantity of heated sugar; boil 5 min., skim and turn in hot glasses. Put in sunny window for 24 hrs. Cover and keep in a dry cool place. Porter apples make a spicy jelly.

Quince Jelly.

Follow recipe for apple jelly, using quinces in place of apples and removing seeds from fruit.

Quince Preserve.

Pare, core, and cut into very thin slices ripe, well washed quinces. Keep in cold water until all are prepared to prevent discoloring.

Weigh fruit and for each lb. allow ¾ lb. sugar. Put fruit into saucepan and half cover with cold water. Bring to boil and cook tender. Add amount of sugar necessary and cook until clear. Put in glasses.

Grape Juice.

3 lbs. Grape. 1½ c. Water.

Wash and pick off grapes. Mash and add water. Simmer 10 ms. Strain without squeezing and measure juice. To 1 qt. juice add 1½ c. sugar and cook 8 ms. Bottle while hot and seal.

Grape Jam.

Mash grapes left from grape juice through colander. To each cup mashed and sifted pulp add ¾ c. sugar. Boil 5 ms. and pour into sterilized tumblers.

Bordeaux Sauce.

4 qts. sliced cabbage.
2 qts. green tomatoes, cut in small circles.
½ doz. onions, thin slices.
2 red peppers, remove seeds.
½ oz. tumeric powder.
½ oz. celery seed.
½ oz. whole allspice.
½ oz. cloves.
½ oz. white mustard seed.
14 oz. sugar.
2 qts. vinegar.
½ c. salt.

Mix all together and boil 20 minutes.
Keep in covered earthen crock.

Sweet Tomato Pickle.

1 peck green tomatoes, sliced thin. Sprinkle 1 cup salt over night. Drain in colander in morning and cook until tender in 2 qts. water, 1 qt. vinegar.

Put in jars and take 4 qts. vinegar, 2 lbs. sugar, ½ oz. mustard seed, 2 tbsp. cloves, cinnamon, ginger, and mustard, 1 tsp. red pepper. Boil to a syrup and pour over the tomatoes in jars.

CHAPTER XXI.

DEEP FRYING.

Frying is cooking in hot fat, deep enough to cover the food. Lard, olive oil, cottolene, or dripping may be used. The fat should be heated hot enough to brown a piece of bread a golden brown in 40 sec. for cooked food, and 60 sec. for uncooked food.

To prepare fat for frying, fill kettle one-half full and heat gradually. Avoid frying too much at a time as the temperature will be reduced and the food liable to absorb fat.

Reheat fat after each frying. Drain food on brown paper to take up any extra fat.

Food to be fried in this way is dipped in fine crumbs, then beaten egg, and then in fine crumbs again.

Oysters, small fish, parts of chicken, croquette mixtures, doughnuts, and fritter batters are all cooked in this way.

Care of Fat.

Fat that has been used for deep frying may be used many times if care is taken to keep it strained free from particles of browned food.

Fat in which fish has been fried is liable to give other food fried in the same fat a flavor of fish,

but such fat can be used a number of times for fish and saved for making soap.

Doughnuts.

3 tbsp. butter.
1 c. sugar.
1 beaten egg.
1 c. milk.
2 tsp. baking powder.
1½ pints flour.

Mix well, add more flour if needed. Cut and fry in hot fat to a golden brown. Drain on soft paper.

Rice Croquettes.

½ c. rice.
½ c. boiling water.
1 c. hot milk.
½ tsp. salt.
Yolks of two eggs.
2 tbsp. butter.

Wash rice, add water and salt, cover and steam until rice has absorbed water. Then add milk, stir lightly with a fork, cover, and steam until rice is soft. Remove from fire, add egg and butter and cool. Shape in balls, roll in crumbs, then egg, then crumbs again and fry in deep fat.

CHAPTER XXII.

LAUNDRY HINTS.

Careful washing is true economy. All soiled clothes should be washed once a week, and regular wash days make it easier and more orderly. Never put away soiled clothes when they are wet or the least damp. Separate clothes before washing into divisions in which they are to be washed: Table linen, bed and body linen, stockings, colored clothes. In looking over clothes before washing, remove all stains. Never soak stockings, flannels or colored clothes.

To soak white clothes have tepid water, rub each piece with soap. Let clothes soak over night. In washing, run off the water the clothes have soaked in, use a good soap and hot water. Be very careful in the use of washing powders as they rot the fiber of cloth, and so injure the garment. After washing the clothes on the right and wrong side, rinse in clear water. Very soiled pieces should be boiled in clear water and soap for 5 min. Rinse all clothes very carefully in clear water, then blue. Be careful not to use too much blueing, the water should just look cloudy when taken up in the hand. Wring well. Starch.

To hang out garments, lines and pins should be perfectly clean. Hang clothes straight. When clothes are dry they should be folded carefully,

smoothed and sprinkled and rolled tightly. Let stand a few hours before ironing.

Have irons clean before heating—scrub them with sapolio if needed. Use ironing wax, wipe with cloth before using. Keep irons in a dry place.

Laundry Starch.

Mix ¼ c. laundry starch with enough cold water to make it pour, add 2 qts. boiling water and boil fifteen minutes.

To Wash Flannels.

Use soap jelly if possible, which is made by boiling ½ c. shaved ivory soap in boiling water, until it is dissolved. Add soap jelly to warm water, and wash one piece of flannel at a time. Do not soak, boil or rub. Squeeze between hands, in the soapy water, rinse several times in clear warm water, squeeze and dry quickly. Iron with not too hot an iron while flannel is damp.

To Remove Stains.

Blood or Chocolate—Soak in cold water, rub, pour on boiling water.

Milk—Soak in cold water, wash as usual.

Tea, Coffee or Fruit Stains—Pour on boiling water.

Wine—Sprinkle with salt, pour on boiling water.

Ink—Wet with cold water, rub with salt and lemon, put in sunlight.

Scorch—Sunlight.

Grass Stains—Ivory soap, warm water; or alcohol.

Machine Oil—Turpentine.

Paint—Benzine or turpentine. If old paint, chloroform.

Wagon Grease—Rub on lard—wash with soap and warm water.

CHAPTER XXIII.

SUGGESTIONS FOR SIMPLE BILLS OF FARE.

The following simple bills of fare suggest a few combinations of nutritious, palatable and inexpensive dishes, suitable for winter and summer. Meals similar to those here given can be prepared for a family of six, including three grown people and three children, for five and one-half dollars a week, or at an average cost of ninety-two cents per person. The expense can be considerably reduced by omitting the desserts. In winter more meat and other hearty food is required than in warm weather. Heat-giving cereals like oatmeal and cornmeal should be then used, as well as hot vegetable soups, baked beans, stews, pot roasts and corned beef. These latter can be cooked at this season, when a fire is kept all day, without extra expense for fuel. Green vegetables should not be bought, except when they are in season. Potatoes and other winter vegetables like carrots, onions and cabbage, can usually be bought at reasonable prices. Dried peas, beans and lentils, all of which are particularly nutritious, are always cheap. When potatoes are expensive rice may sometimes be cooked and served as a vegetable in their place. In summer, on the contrary, less meat and heat-giving foods are needed. Whenever meat is to be served, employ some method of cooking that requires but little time, or cook it on a day when a fire is being used for other purposes. As substitutes for fresh meat, fish, both fresh and salt,

canned corned beef and dried beef, as well as eggs and milk, cooked in different ways, may be often used. There is no waste to canned corned beef, and according to the best authorities, it furnishes more muscle-making material, pound for pound, than most kinds of fresh meat. Never leave the meat standing in the can after it is opened. When berries and fruit are cheapest they should frequently be used for desserts in place of puddings. When puddings are to be served they should, as a rule, be eaten cold. As a quart of milk contains about the same nutriment as a pound of meat, it can readily be seen that at all seasons it is one of the most economical of foods. Milk absorbs odors and germs, and therefore should always be kept covered in a cool place. The skim milk, which is so largely sold in grocery stores in the city for four or five cents a quart, does very well for cooking purposes, but should not be given to babies. That which comes in closed jars should be bought for them, and for sickly babies it should be sterilized and diluted according to the directions given by the attending physician. Instead of using cornmeal and oatmeal altogether in summer, use the less heat-giving cereals, like Pettijohn's breakfast food, and other forms of wheat. At no season of the year give young children much meat or other heavy food. Give them plenty of milk, cereal, bread and butter and once in a while a well-baked potato. Occasionally let them have a little sweet. This may be given in the form of jam or sauce spread on slices of bread, or as plain cookies.

BILLS OF FARE FOR ONE WEEK IN WINTER.

SUNDAY.

Breakfast.

Hasty Pudding. Milk.
Warmed Over Baked Beans. Bread and Butter.
Coffee.

Dinner.

Beef Roll with Tomato Sauce.
Mashed Potato. Boiled Onions.
Bread Pudding.

Supper.

Tea. Milk Toast. Cheese. Ginger Cookies.

MONDAY.

Breakfast.

Fried Hasty Pudding. Bacon.
Warmed Over Mashed Potato. Coffee.

Dinner.

Boiled Neck of Mutton, Caper Sauce.
Steamed Rice. Bread. Baked Apples.

Supper.

Potato Soup. Browned Crusts, Bread. Cheese.

Tuesday.

Breakfast.

Oatmeal, with Milk and Sugar. Finnan Haddie.
Bread and Butter. Coffee.

Dinner.

Beef Stew, with Dumplings. Bread.
Lemon Jelly.

Supper.

Broth Made from Mutton Bones and Liquor in Which Mutton Was Cooked.
Bread and Butter. Gingerbread.

Wednesday.

Breakfast.

Warmed Over Stew. Cornmeal Muffins. Cocoa.

Dinner.

Corned Beef and Cabbage. Stewed Fruit.

Supper.

Macaroni and Cheese. Bread and Butter. Tea.

Thursday.

Breakfast.

Corn Beef Hash. Bread and Butter. Coffee.

Dinner.

Pot Roast of Beef. Boiled Potatoes.
Boiled Carrots. Cream of Rice Pudding.

Supper.

Split Pea Soup, with Uneeda Biscuit.
Bread and Butter. Plain Cookies.

Friday.

Breakfast.

Oatmeal. Herring. Bread and Butter. Coffee.

Dinner.

Baked Cod, Drawn Butter Sauce.
Mashed Potato. German Cabbage.
Steamed Suet Pudding.

Supper.

Lentil Soup. Bread and Butter.

SATURDAY.

Breakfast.

Fried Mush.
Hash from Left Over Fish or Potato.
Bread and Butter. Cocoa.

Dinner.

Baked Beans. Steamed Brown Bread.
Apple Tapioca Pudding.

Supper.

Cream of Tomato Soup. Brown Crusts.
Bread and Butter. One Egg Cake.

BILLS OF FARE FOR A WEEK IN SUMMER.

SUNDAY.

Breakfast.

Milk Toast. Cheese. Coffee.

Dinner.

Hamburg Steak. Boiled Potatoes.
Lettuce. Bread and Berries.

Supper.

Bread and Butter. Cheese. Iced Tea.

MONDAY.

Breakfast.

Pettijohn's, with Milk and Sugar.
Creamed Dried Beef. Coffee.

Dinner.

Liver and Bacon. Baked Potatoes.
Stewed Dried Lima Beans. Bread and Butter.
Stewed Rhubarb.

Supper.

Bread and Butter.
Omelet. Cookies.

Tuesday.

Breakfast.

Salt Codfish Balls. Bread and Butter. Cocoa.

Dinner.

Fried Ham. Boiled Potatoes.
Boiled Beets. Bread.
Sliced Bananas, with Lemon Juice and Sugar.

Supper.

Bread and Butter. Sliced Dried Beef.
Ginger Wafers. Iced Tea.

Wednesday.

Breakfast.

Oatmeal, with Milk and Sugar.
Scrambled Eggs. Coffee.

Dinner.

Canned Corn Beef. Saratoga Chips.
Pickled Beets. Bread and Butter.
Corn Starch Mould, with Mashed Berries.

Supper.

Bread and Butter. Corned Beef Sandwiches.
Cold Coffee. Crackers and Cheese.

THURSDAY.

Breakfast.

Creamed Codfish. Bread and Butter. Coffee.

Dinner.

Cold Boiled Ham. Lettuce. Bread and Butter.
Uneeda Biscuit. Neuchatel Cheese.

Supper.

Egg Salad. Bread and Butter. Cold Coffee.

FRIDAY.

Breakfast.

Quaker Oats. Bread and Butter.
Herring. Coffee.

Dinner.

Baked Mackerel. Mashed Potato.
Cold Slaw. Crackers and Cheese.

Supper.

Salt Codfish Chowder.
Bread and Butter. Cocoa.

SATURDAY.

Breakfast.

Cream of Wheat Cereal, Sugar and Milk.
Bread. Fried Bacon and Poached Eggs. Coffee.

Dinner.

Round Steak. Lyonnaise Potatoes. Tomatoes.
Bread and Butter. Coffee Junket.

Supper.

Baked Apples or Berries, with Bread and Milk.
Spice Cake.

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